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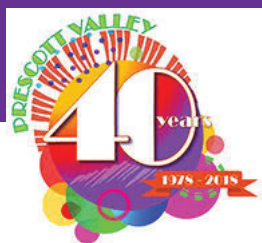
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BUY IN TO PRESCOTT VALLEY

The Town of
Prescott Valley
Parks and
Recreation

Department conducts a myriad of events, activities, classes, and leagues throughout the year, which are made possible by generous sponsorships from local businesses and organizations. Sponsors allow the Town to provide free and affordable events that improve the lives of citizens and foster an atmosphere of community. Sponsorships are a perfect opportunity for businesses to raise brand awareness, increase media exposure, and form lasting emotional connections with community members.

Sponsorships available through the Parks and Recreation Department vary greatly to fit the needs of any type and size of business. Several levels of sponsorships are available and each level has its own benefits to encourage potential partners to participate. Staff works with potential sponsors to find events and activities that fit within the business's directive, so sponsorships are mutually beneficial. Some benefits of sponsorship include increased brand recognition, opportunities to engage directly with community members at events,

as well as inclusion in print, social media, and more.

This is a perfect opportunity to give back to your community – by giving a little you can help a lot and reap benefits for your business as well. If you are interested in learning more about the sponsorship opportunities available through Prescott Valley Parks and Recreation, please give them a call at **928-759-3090**. They look forward to hearing from you!

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Prescott Valley
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“Raise the Roof”. That was the concept for Theater on the Green when in 2014, the Town of Prescott Valley decided to provide cover to its well-used concrete stage on the grounds of the town’s Civic Center campus. The original structure was elevated to a performance space facing acres of lawn for spectators, and almost doubling the stage space. Construction was completed in January, 2015 followed by a grand opening event on April 11, 2015.

Many people were involved with the project, some of whom included Danson Construction, who built the concrete footings, Borgen Electric, who designed and installed the custom lighting, and Stroh Architecture. Classic Recreation, a local company based in Dewey, designed and manufactured the custom roof.

The ribbon cutting and grand opening ceremony included performances from the Bradshaw Mountain High School Jazz Band, the Mile High Comedy Theater and the Yavapai College Jazz Band.

THEATER

In the three years since, Theater on the Green has continued to expand and delight the residents of Prescott Valley and surrounding areas. The lush green lawn in front of this outdoor theater will entice you to spread out your blanket and bring your favorite snacks to enjoy a concert, movie, or other performance. Many events also include food trucks and opportunities for some tasty snacks and meals.

Started in 2008, a long-time favorite of Prescott Valley residents is the Prescott Valley Arts and Culture Commission special event, Movies Under the Stars. During the months of May and June, families bring blankets and chairs to the Theater on the Green grass area

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ON THE GREEN

to watch the weekly, family-friendly movies. The event is free to the public and local businesses sponsor the events. Past sponsors include Little Dealer Little prices, 89A Dental Care, Mingus Mountain Academy, Prescott Valley ACE Hardware and Sun Valley Tire & Auto. Popcorn, drinks and other snacks are available for purchase. Last year's movie series included *Star Trek: Beyond*, *SING*, *The Secret Life of Walter Mitty*, *The Peanuts Movie*, *Mrs. Doubtfire*, *The Secret Life of Pets*, and *Lost and Found*.

Also a favorite is the Theater on the Green Concert Series which has included performances by Cross-Eyed Possum, Zeppapotamus, Five in the Wheel Band, and more recently, Sarah Peacock.

Theater on the Green is an integral part of town activities including the annual Family Arts Festival and EGGstravaganza held in March. Visitors can participate in many hands-on craft activities, a massive egg hunt, have their face painted, and watch entertainment on the Theater on the Green stage provided by local schools and dance groups. The 2018 event is scheduled to include STEAM (science, technology, engineering, art and math) events.

The Arts and Culture Commission welcomes contact from entertainers interested in performing at Theater on the Green. Additionally, numerous sponsorship opportunities are available to support Theater on the Green activities and promote local businesses.

For information on upcoming events at Theater on the Green or to obtain information on sponsorship opportunities, contact the Town of Prescott Valley Parks & Recreation Department at **928-759-3090**, or visit the Town's website at <http://www.pvaz.net>.

**Prescott Valley Parks & Recreation
Department**

Arts and Culture Commission

2000 Shepherds Lane
Prescott, AZ 86301
Phone: 928-778-4499
www.stlukesprescott.church
Email: info@sleep.org

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Left to Right: Julie, Emmy, Valerie, Mary

PRESCOTT VALLEY

When you think of local performing arts, you most likely think of Yavapai College's Performing Arts Center, the Prescott Center for the Arts, or even the Highlands Center annual fundraiser and Shakespearean play. Prescott Valley, however, offers a host of performing arts opportunities that may not be as well known. When I first moved to Prescott Valley three years ago, the first thing I did was begin looking for performing arts venues to indulge in my favorite form of entertainment. Here are just a few recurring events that I found. I hope you mark them on your calendar as they are something to look forward to each year.

Perhaps best known is the Prescott Valley Performing Arts Theater which is comprised of its Children's Theater program for children age 16 and under; Family Theater, for all ages; and Mainstage Theater for those age 18 and up. A particular favorite is the Family Theater annual performance of Scrooge the Musical with an excellent performance by Randy Smith reprising his role as Scrooge for the third year (and hopefully again in 2018). The 2018 season offerings include Murder at the Goon Show,



Mary Poppins, the musical Footloose, A Company of Wayward Saints, The Rocky Horror Show, A Seussified Christmas Carol, and once again, Scrooge the Musical. For information relating to auditions and upcoming performances, visit their website at Prescottvalleyperformingarts.org.

Dinner theater is also available with the Prescott Valley Police Foundation's annual murder mystery dinner. Last year was the 9th annual murder mystery entitled, Murder at the Midnight Hour, in which the audience joyfully participated and used their sleuthing skills to determine "who done it." Participants were encouraged to dress in '60s attire in keeping with the program theme. Usually held in September, this is a fun evening of performing arts that also supports our local police department.

For reservations and information on the 2018 event, contact Kay at the Prescott Valley Police Foundation, 928-775-4002.

The Prescott Valley VFW (Veterans of Foreign Wars) also offers two annual opportunities to experience performing arts. The USO Show and Dinner

usually held in May is in its third year offering song, dance and musical theater. The 2018 theme will be music from the '50s, '60s and '70s. The VFW also will kick off their second annual murder mystery dinner in 2018, usually held in February or March. For more information and ticket availability for either performance, contact the VFW at 928-759-0095.

Don't forget to check the Prescott Valley Event Center website at prescottvalleyeventcenter.com. The event center seats about 5,000 people, and the events calendar is continually being updated. The Event Center offers a variety of entertainment from ice-skating to sports to musical groups. Recurring annually is the very popular three-day Elevate music event, which hosts a variety of Christian bands.

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PERFORMING ARTS

If you are new to the area, that free edition of the Prescott Valley Tribune that arrives in your driveway each Wednesday contains a wealth of information relating to upcoming events including concerts, dance performances, movies, and special events, many of which are free or at nominal cost.

I would be remiss if I didn't also mention the second annual Dancing for the Stars event, sponsored by the Central Arizona Boys and Girls Club, scheduled for April 14, 2018. Based on the long-running television series with a similar name, local celebrities have an opportunity to show off their dancing skills. The event is staged in Prescott, not Prescott Valley, but the Boys and Girls Club is an integral part of our town and deserves mention. For more information on tickets or sponsorship opportunities visit www.dancingforthestars.net.

Prescott Valley residents now outnumber those of surrounding towns and the opportunities for expanding arts and cultural events abound in the community. Perhaps you have a passion to teach drama, set design and construction, costuming and makeup, puppetry, or oral interpretation. The Prescott Valley Parks and Recreation Department offers many opportunities and venues for teaching such a class. Perhaps you would like to direct a play, or start a summer theater program at Theater on the Green. Parks and Recreation can assist you with making that a reality. Hope Hooper will be happy to help you realize your dream. **Drop her an e-mail at hhooper@pvaz.net, stop by the Parks and Recreation office located on the 3rd floor of the Civic Center, or give her a call at 928-759-3090.**

In sharing my passion with you, the intent is to bring awareness of just a few performing arts opportunities in Prescott Valley that you can look forward to each year. General information is provided, but should not be relied upon due to changing schedules and availability of information for the 2018 season. Please be sure to contact the appropriate venue as early as possible for the most current information and their 2018 schedule.

I hope you enjoy these events as much as I have.

Linda Cortright

Arts and Culture Commission



provided by The Prescott Valley Chamber of Commerce

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PRESCOTT VALLEY DAYS A RUBY CELEBRATION



As a Champion for a stronger and more vibrant Prescott Valley, the Chamber is excited to support, participate and celebrate in the festivities surrounding the Town of Prescott Valley's 40th Anniversary of incorporation. Each month the Town has fun activities planned around this special anniversary year. The Chamber, not to be left out, is also embracing this "Ruby" spirit signifying the 40th anniversary passion incorporating the best of Prescott Valley in the annual Prescott Valley Days. The parade, traditionally sponsored by the Prescott Valley Early Bird Lions Club (Roar!) will have the theme of the 'Wizard of Oz' and the parade route will follow along one of our yellow brick roads, Florentine on Saturday, May 12 at 9 a.m.

The diversity of our town is showcased on Friday night with our Fiesta del Pueblo, a fiesta party complete with music, dancing, food and entertainment. Saturday, we enjoy and applaud our youth and their talents as they perform on the main stage during the day. Our historical backbone is represented with our first "Ranch to Table", a multi-course meal prepared with our locally grown beef and produce and enriched with products from our local vendors. This will be a reservation event but one not to be missed. Our Saturday evening is capped off with great western music and dancing.

Prescott Valley Days is May 10-13 and includes a carnival, vendors, Fire Dancers, 5K Bear Run benefitting the Humboldt Education Foundation, contests and more. All activities happen in the Entertainment District in the fountain area. There is something for everyone! Yes, Follow the Yellow Brick Road to Main Street in Prescott Valley for the 40th annual Prescott Valley Days celebrating 40 wonderful and fabulous years.

For more information keep watching www.pvchamber.org or www.pvaz.net! Prescott Valley...the new "Oz".

Marnie L. Uhl, IOM, ACE
President/CEO

Prescott Valley Chamber of Commerce
7120 E. Pav Way, Ste. 102
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www.pvchamber.org





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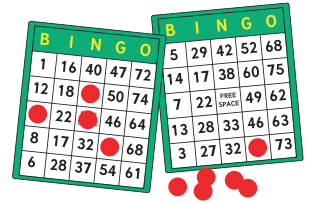
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Bingo every week Wednesday and Friday evenings at the Prescott Elks Lodge #330!

Early birds start at 6:30 p.m. and regular games at 7:00 p.m. Minimum buy in is \$12

18 and above open to the public, big money prizes.

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DID YOU KNOW?



BBB Offers an Ethical Athlete Scholarship

It is never too early to spotlight the importance of being an ethical person. In school, students may have to make ethical choices that might impact the rest of their lives. The BBB Ethical Athlete Scholarship, presented by Isagenix, honors Arizona student athletes who do the right thing, no matter who is watching.

In partnership with the Arizona Interscholastic Association (AIA), BBB is able to recognize two ethical athletes, one boy and one girl, every month. Each athlete receives a \$1,000 scholarship and at the end of the school year, the winners are combined and two are awarded an additional \$2,500 scholarship.

BBB and AIA review public nominations and select ethical athletes to be honored throughout the year and all BBB Ethical Athletes are considered for the BBB Ethical Champion award.

To nominate Arizona high school athletes for the BBB Ethical Athlete Scholarship go to athlete.arizonabbb.org.

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COMMUNITY CALENDAR

MARCH

FREE- TAX PREPARATION

Every Monday and Tuesday 9am to 4pm

Location: Prescott Valley Library 7401 E.

Civic Circle Crystal Room, 3rd Floor

Sponsored by Catholic Charities. Mondays and Tuesdays from 9 - 4. Appointments are recommended. Please call 928-460-9895.

BRONZESMITH FINE ART FOUNDRY AND GALLERY TOURS

Date: March 1st and 8th

11:00 PM - 12:00 PM

Website: bronzesmith.com

Description: EVERY Thursday- visitors can tour the foundry and witness the excitement of a bronze pour. By appointment.

Cost: \$10 per person and reservations

may be made by calling 928-772-2378.

Individuals and small groups are welcome.

Please visit our website

www.bronzesmith.com for more information.

CELEBRATE LIFE EXPO 2018

Date: March 3, 9:00 AM - 1:00 PM

Location: PV Event Center

Website: www.ymhealthconnect.org

Description: Health Living and Wellness resources for: Kids and families Older Adults Heart Health, Spine Care, Non-perishable food drive Toiletries collection for Prescott Area Shelter Services.

Contact Information: Roxanne Hull Community Outreach Coordinator (928) 771-5738

Cost: Free

YOUTH ART MONTH RECEPTION

Date: March 7th - 5:30pm to 7pm

Place: 7501 E. Civic Circle

Cost: Free

Youth Art Month celebrates the artistic talents and abilities of all young people in Prescott Valley. Local art teachers are invited to display their students' work at a juried exhibition in the Civic Center throughout the month of March, Open

Monday through Friday 8am to 5pm.

Artists are recognized at a reception and winning students are given awards for their efforts.

EGGSTRAVAGANZA & FAMILY ARTS FESTIVAL

Date: Saturday, March 24th 9am to 12pm,

egg hunts start at 12pm

Place: 7501 E. Civic Circle

Cost: Free, bounce houses \$10 wristband

(available for purchase at event) Bring

the whole family out for bounce houses

(and more!), a petting zoo, booths with art activities, live performances from talented local youth, and egg hunts!

APRIL

FREE- TAX PREPARATION

Every Monday and Tuesday 9am to 4pm til the 17th.

Location: Prescott Valley Library 7401

E. Civic Circle Crystal Room, 3rd Floor

Sponsored by Catholic Charities. Mondays

and Tuesdays from 9 - 4. Appointments are recommended. Please call 928-460-9895.

YAVAPAI FLUTE CIRCLE - PVPL ONGOING PROGRAM

Date: April 14, 12:00 PM - 2:30 PM

Location: Library Children's Program Room

7401 E. Civic Circle 2nd Floor

Contact: Don 928-710-2383

Cost: Free

The purpose of the flute circle is for like-minded individuals to meet and enjoy each other's company while playing and listening to Native American flutes. Yavapai Flute Circle promotes the Native American flutes, preserves its history, and respects its cultural origins and traditions. People of all ages and levels of experience are welcome.

MOVING FORWARD TOGETHER- SEMI FORMAL BENEFIT

Date: April 21st 6pm-10pm

Place: St. Michael Hotel Prescott

Cost: \$50.00 per ticket.

Presented by: New Horizons Disability Empowerment Center. Cocktails, Dinner, Auction and Live Music Purchase tickets in advance: Call-772-1266

MAY

TEAM UP TO CLEAN UP

Date: May 5, 9:00 AM - 12:00 PM

Location: Prescott Valley Chamber

7120 Pav Way Ste. 102

Event Description: Community event to clean up our town Contact Information: Gloria Grose

YAVAPAI FLUTE CIRCLE - PVPL ONGOING PROGRAM

Date: May 12th - 12:00 PM - 2:30 PM

Location: Library Children's Program Room

7401 E. Civic Circle 2nd Floor

Contact: Don 928-710-2383

Cost: Free

Description: see April 14th for details

PRESCOTT VALLEY MUSIC FESTIVAL

Date: May 19th & 20th

Time: 12pm to 11pm

Place: Mountain Valley Park Amphitheater, 8600 E. Nace Ln.

Cost: \$20 for 1 day, \$35 for 2

Come on out for two full days of live music and great food! For more information visit www.pvaz.net

MOVIES UNDER THE STARS

Dates: Friday - May 25th

Time: movies start at approximately 7:45pm

Place: Theater on the Green, 7501 E. Civic Center

Cost: Free

This is a family-friendly outdoor movie series for our community, bring a lawn chair or picnic blanket and the whole family!

LENDAR of EVENTS

JUNE

BOYS AND GIRLS CLUB OF CENTRAL ARIZONA

For Information Call 928-237-1377

Located at: 8201 E. Loos (Corner of Robert Road and Loos)

Hours: Monday-Friday 2:00 pm - 6:00 pm
ages 6 to 18 We offer a drop-in, after school program open to all members during the school year. A summer program is also available for children ages 6-12. For more information please call 928-759-3205.

TEEN CENTER

The Teen Center is Just for Teens!

No parents and no little kids – just fun with your friends.

Located at the Boys and Girls Club on the corner of Robert Road and Loos Drive
Teen Night is open every Friday and special event Saturdays from 6pm-10pm.

SWIM TEAM & SWIMMING LESSONS

Location: Mountain Valley Splash

8600 E. Nace Lane

Phone: 928-775-3165

Swim Lessons

Children learn to swim throughout the summer. 4 sessions are offered with varied times available to accommodate the stay at home and working parents. Lessons are held Monday through Thursday, with Friday reserved for make-up days. Registration is conducted on a first come, first served basis.

MOVIES UNDER THE STARS

Dates: Fridays -, June 1st, 8th, 15th, 22nd, and 29th

Time: movies start at approximately 7:45pm

Place: Theater on the Green

7501 E. Civic Center

Cost: Free

This is a family-friendly outdoor movie series for our community, bring a lawn chair or picnic blanket and the whole family!

YAVAPAI FLUTE CIRCLE - PVPL ONGOING PROGRAM

Date: June 9th -2:00 PM - 2:30 PM

Location: Library Children's Program Room

7401 E. Civic Circle 2nd Floor

Contact: Don 928-710-2383

Cost: Free

Description: See April 14th for full description

FATHER'S DAY CONCERT

Date: Saturday, June 16th

Time: TBD (see website for updates, www.pvaz.net)

Place: Theater on the Green,

7501 E. Civic Circle

Cost: Free

Celebrate dad by bringing him to a rockin' outdoor concert!

STARRY NIGHTS

Date: June 23rd 8:00 - 10:00 PM

Location: Pronghorn Park

7931 E Rusty Spur Trail

Prescott Valley, AZ 86314

Contact: 928-759-3090

Cost: FREE

Join the Prescott Astronomy Club for free star party to experience our solar system in a whole different way.

JULY

BOYS AND GIRLS CLUB OF CENTRAL ARIZONA

For Information Call 928-237-1377

Located at: 8201 E. Loos

(Corner of Robert Road and Loos)

Hours: Monday-Friday 2:00 pm - 6:00 pm

Ages of 6 and 18: We offer a drop-in, after school program open to all members during the school year. A summer program is also available for children ages 6-12. For more information please call 928-759-3205.

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No parents and no little kids – just fun with your friends.

Located at the Boys and Girls Club on the corner of Robert Road and Loos Drive
Teen Night is open every Friday and special event Saturdays from 6pm-10pm.

4TH OF JULY

Date: July 4th - 4pm to 9:30pm

Place: Mountain Valley Park,

8600 E. Nace Ln.

Cost: Free

Celebrate Independence Day with us! Live music, food trucks, and the best fireworks in Northern Arizona!

YAVAPAI FLUTE CIRCLE - PVPL ONGOING PROGRAM

Date: July 14th -12:00 - 2:30 PM

Location: Library Children's Program Room

7401 E. Civic Circle 2nd Floor

Contact: Don 928-710-2383

Cost: Free

Description: See April 14th for full description

AUGUST

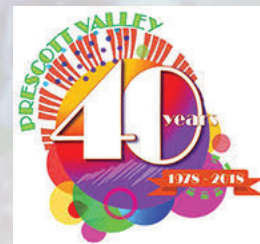
TOWN OF PRESCOTT VALLEY 40TH ANNIVERSARY CELEBRATION

Dates: August 25th and 26th

Place: Civic Center campus, 7501 E. Civic Circle

Cost: Free

Join us in celebrating the 40th Anniversary of the Town! Come on out for live entertainment, bounce houses, food trucks, a car show, and more as we celebrate our growing and diverse community!



CLAYOTE STUDIOS, LLC



Clayote Studios, LLC had its grand opening in early October of 2016. Besides the walk-in community gallery and studio, CLAYOTE also offers off-site classes, including their MUDPUPIES after-school clay program.

"The last time MUDPUPIES was offered in the Yavapai County was a decade ago, in partnership with Prescott Valley Parks and Recreation," says Dani Fisher/co-owner. "The program was a huge success, and at one point, we even brought a small kiln to the outside of the Civic Center to show the students how it worked."

CLAYOTE's mission is to engage every age and ability patron with the creative spirit. Success comes with the understanding that life, like art, is not always just like the picture in our head, but it is still beautiful.

CLAYOTE owners Dani Fisher (43) and Stephane Leon (30) also encourage focus, breathing, hard work, acceptance and healing. The programs are organized so that participants stretch, inhale and exhale, warm muscles, and even howl like coyotes to lighten the anxious response that beginners often feel. CLAYOTE currently services several adult care and special needs facilities both in and beyond Prescott Valley.

What to expect besides clay at CLAYOTE depends on the day of the week. There is more than one teacher and subject. Although hours are posted, folks are encouraged to call ahead to avoid waiting for a party to finish. There are Mud Mondays, Teen Tuesdays, and the hard-working website no doubt will keep the community posted on what's coming next. Thursday nights are open mic, where folks can perform an original poem, play, joke, song or dance.

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<p>MONDAYS 8:30am Tai Chi 10am Baked Goods/Commodities 10am Computer Help 10:30am Art & Painting 11am Food room 11am CASA Kitchen Cafe 12pm CASA FOOD Pantry 1pm CASA Board Mtg. 1pm Gentle Exercise 1pm Adult Coloring</p> <p>TUESDAYS 10am Baked Goods/Commodities 11am Food room</p>	<p>11am CASA Kitchen Cafe 12pm CASA FOOD Pantry 1:30-4 BINGO 5pm LINE DANCING</p> <p>WEDNESDAYS 8:30am Tai Chi 10am Baked Goods/Commodities 11am Food room 11am CASA Kitchen Cafe 11am Paul Orefice 12pm CASA FOOD Pantry 12:30pm POKER 5pm PINOCHLE</p>	<p>THURSDAY 10am Baked Goods/Commodities 10:30am Blood Pressure Check 11am Food room 11am CASA Kitchen Cafe 12pm CASA FOOD Pantry 1:15pm CASA Board Mtg. 6pm Weight Watchers</p> <p>FRIDAY 8:30am Pedicure by C.C. 8:30am Tai Chi 10am Baked Goods/Commodities 10am Greeting Card Workshop 10:30am Piano Lessons</p>	<p>11am Food room 11am CASA Kitchen Cafe 12pm CASA FOOD Pantry 12:30pm POKER 1pm Gentle Exercise</p> <p>SATURDAYS 4:00 DINNER 5:30 BINGO</p> <p>SUNDAY'S CLOSED.</p>
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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!

Join us for our charity ball! You can be part of the solution!

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Are you all tied up?

By Dr. Shelly Klein

What Do You Mean
My Baby's
"Tongue-Tied?"



Health & Parenting

Ankyloglossia, or tongue-tie, is a common abnormality from birth where the tissue under the tongue (lingual frenum) is overly short and tight (posterior ankyloglossia) or aberrantly attached near the tip of the tongue (anterior ankyloglossia), "tying" the tongue to the floor of the mouth.

The tongue is an important organ which is largely responsible for mouth and facial development and growth. Ankyloglossia has been linked to abnormal suck swallow pattern in newborns (leading to difficulty with or painful breastfeeding or moms "drying up" after 3 months of breast feeding). In infants and toddlers, reflux, fussiness, dental cavities, messy drinking, difficulty spoon feeding, refusal of textured foods and speech disturbances are also frequently observed. For older children and adults, tongue tie contributes to a high and narrow palate, incorrect bite pattern (cross bite), or under bite with prominent lower jaw, teeth malalignment, smaller mid face, and mouth breathing. Mouth breathing may be a factor in tonsillar enlargement which can obstruct the airflow and exacerbate mouth breathing and contribute to the abnormal facial growth. A potential outcome of tongue tie is sleep disordered breathing (SDB), snoring, and obstructive sleep apnea (OSA) in older patients which can be related to behavioral issues due to lack of sleep. In addition, tethered oral tissue as a possible causation of unexplained asphyxia (SIDS) in infants has been documented in an article from the Journal of Rare Disorders: Diagnosis and Therapy dated February 2016.

The tongue attaches to several head and neck bones as well as multiple face and neck muscles. When the tongue is tied, this restriction requires use of accessory muscles to perform functions such as breathing, breastfeeding, chewing and swallowing. This hyperactivity of the neck and jaw muscles leads to changes in boney structure, more compensation of muscles and ultimately stressors to the central nervous system. Orofacial myofunctional therapy (OMT) is an important adjunctive therapy to correct these abnormal compensatory changes and stressors.

Treatment for ankyloglossia is a minor outpatient surgical procedure to release the "tie" (frenectomy). There are various methods including using a scalpel, scissors, or lasers. Using a scalpel or scissors carries a potential risk of bleeding, as well as the limitation of incomplete release due to thick oral tissue (that could bleed more). CO2 laser frenectomy cuts while stopping bleeding and minimizes post procedure edema. No sutures are typically used with CO2 frenectomy and patients quickly return to their usual activities.

Once released, exercises are recommended to decrease scarring and recurrence. In addition, OMT is recommended to correct any muscular compensation and to tone the muscles now that the tongue can move correctly. OMT helps re-establish correct swallowing, chewing, speaking and breathing patterns that were limited due to the "tie".

Fabbie, P., RDH, BS, COM, Kundel, L., DMD, & Vitruk, P., PhD, MInstP, CPhys, DABLS. (2016, Winter). Pg 40-45. Tongue-tie functional release. Dental Sleep Practice, 2-7.

Haller, L. A., & Brown, T. (2016, March 10). Upper lip frenum as a predictive marker for unexpected and unexplained asphyxia in infants. Journal of Rare Disorders: Diagnosis & Therapy, 2(2:38), 1-5.

<http://feedthebabyllc.com/tongue-and-lip-tie/>

<https://breastfeedingusa.org/content/article/tell-me-about-tongue-ties>

<https://www.lightscalpel.com/laser-surgery/pediatric-laser/>

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Healthy Kids are Happy Kids.

By Dr. Katie O'Neill

In the land of TV commercials, busy schedules and peer pressure, getting kids to eat well can be an uphill battle. Switching to a healthy diet can have a profound effect on children's health, helps stabilize their energy, sharpen their minds, and even out their moods. Instill healthy eating habits so your kids have the best opportunity to grow into healthy, confident adults.

To encourage healthy eating habits, the challenge is to make nutritious choices appealing.

Focus on the overall diet rather than specific foods. Kids should be eating more whole food and less processed food.

Be a role model. The childhood impulse to imitate is strong so don't ask your child to eat vegetables while you gorge on donuts!

Disguise the taste of healthier foods. Add vegetables to spaghetti sauce for example or mash carrots up with masked potatoes.

Cook more meals at home. Fast food joints have more added sugar and unhealthy fat so cook at home instead. Make large batches and serve the meal several times. It takes organization - but your family is worth it.

Get kids involved in shopping for groceries and preparing meals. You can teach them about different foods. Give them the opportunity to make good choices.

Make healthy snacks available. Keep plenty of fruit, vegetables, and healthy beverages on hand so kids avoid unhealthy snacks like soda, chips and cookies.

Limit portion sizes. Never insist your child cleans the plate, and never use food as a reward or bribe.

Katie O'Neill, M.P.H., R.D., Director, BJ Enterprises CACFP



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VARSITY BASEBALL

DATE	OPPONENT	TIME	LOC
Mar 6	@ Flagstaff	3:45 PM	AWAY
Mar 8	vs Flagstaff	3:45 PM	HOME
Mar 20	vs Lee Williams	3:45 PM	HOME
Mar 22	@ Lee Williams	3:35 PM	AWAY
Mar 27	@ Mingus	3:45 PM	AWAY
Mar 29	vs Mingus	3:45 PM	HOME
Apr 3	@ Mohave	3:45 PM	AWAY
Apr 5	vs Mohave	3:45 PM	HOME
Apr 10	vs PHS	3:30 PM	HOME
Apr 12	@ PHS	3:30 PM	AWAY
Apr 16	@ Moon Valley	4:00 PM	AWAY
Apr 19	vs Shadow Mountain	4:00 PM	HOME
Apr 20	vs Cactus	3:45 PM	HOME
Apr 24	@ Combs	3:45 PM	AWAY



FRESHMAN & JR VARSITY BASEBALL

DATE	OPPONENT	TIME	LOC
Mar 6	vs Flagstaff	3:45 PM	HOME
Mar 8	@ Flagstaff	3:45 PM	AWAY
Mar 19	@ PHS (Fr)	3:30 PM	AWAY
Mar 20	@ Lee Williams	1:45 PM - 3:45 PM	AWAY
Mar 22	vs Lee Williams	1:45 PM - 3:45 PM	HOME
Mar 27	vs Flagstaff (Fr only)	3:45 PM	HOME
Mar 27	@ Mingus (JV Only)	3:45 PM	AWAY
Mar 29	vs Mingus (JV Only)	3:45 PM	HOME
Mar 29	@ Mingus (Fr only)	3:45 PM	AWAY
Apr 3	@ Mohave (JV)	3:45 PM	AWAY
Apr 4	@ Coconino (Fr Only)	2:00 PM - 4:00 PM	AWAY
Apr 5	vs Mohave (JV)	3:45 PM	HOME
Apr 10	@ PHS	2:00 PM - 4:00 PM	AWAY
Apr 12	vs PHS	4:00 PM	HOME
Apr 16	vs Moon Valley	4:00 PM	HOME
Apr 19	@ Shadow Mountain (JV)	4:00 PM	AWAY
Apr 20	@ Cactus (JV)	3:45 PM	AWAY
Apr 24	vs Combs	3:45 PM	HOME

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Bradshaw Mountain High School



VARSITY SOFTBALL

DATE	OPPONENT	TIME	LOC
Mar 6	vs Flagstaff	3:45 PM	HOME
Mar 7	Tourney @ Apollo	8:00 PM	AWAY
Mar 13	@ Flagstaff	3:45 PM	AWAY
Mar 20	@ Lee Williams	4:00 PM	AWAY
Mar 22 -23	Chandler Prep Tourn	4 AM - 6 AM	HOME
Mar 27	vs Mingus	3:45 PM	HOME
Apr 5	@ Mohave	3:45 PM	AWAY
Apr 7	vs Mohave	3:45 PM	HOME
Apr 10	@ PHS	3:45 PM	AWAY
Apr 12	vs PHS	3:45 PM	HOME
Apr 16	vs Combs	3:45 PM	HOME
Apr 19	@ Shadow Mountain	4:00 PM	AWAY
Apr 20	@ Cactus	3:45 PM	AWAY
Apr 23	@ Mingus	3:45 PM	AWAY



FRESHMAN & JR VARSITY SOFTBALL

DATE	OPPONENT	TIME	LOC
Mar 6	@ Flagstaff	3:45 PM	AWAY
Mar 13	vs Flagstaff	3:45 PM	HOME
Mar 20	vs Lee Williams	3:45 PM	HOME
Mar 22	@ Lee Williams	3:45 PM	AWAY
Mar 26	vs Younker (FR)	3:45 PM	HOME
Mar 27	vs Mingus	3:45 PM	HOME
Mar 29	vs PHS (Fr)	3:45 PM	HOME
Apr 2	@ Younkers (Fr)	4:00 PM	AWAY
Apr 4	@ Coconino (Fr)	2:00 PM - 4:00 PM	AWAY
Apr 5	@ Mohave (JV)	3:45	AWAY
Apr 7	vs Mohave (JV)	3:45	HOME
Apr 10	vs PHS	3:45	HOME
Apr 12	@ PHS	2:00-4:00	AWAY
Apr 16	@ Combs	3:45	AWAY
Apr 20	vs Cactus (JV)	3:45	HOME
Apr 23	@ Mingus(JV)	3:45	AWAY
Apr 25	vs PHS (Fr)	3:45	HOME

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