

PRESCOTT COUNTRY CLUB news monthly magazine

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Father's Day!

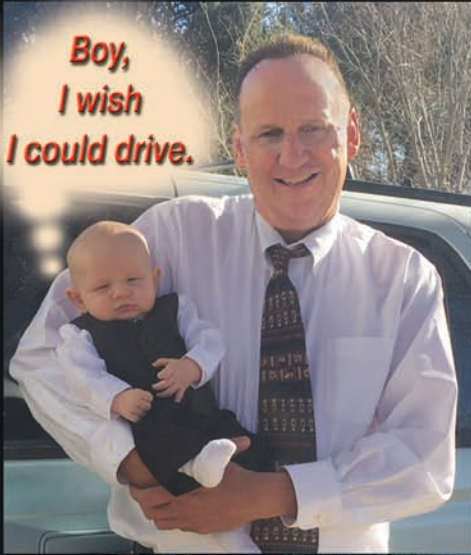
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POA OFFICE

Ping Pong

Sundays 1:00-2:30pm
Mary 775-4727

Sew What?

Third Monday each month
Mary 632-9163

Cribbage

1st & 3rd Mon 2:00-5:00pm
Carol 928-713-1799
Grace 772-1533

Exercise

Tues & Thurs 9:30-10:30am
Susan 772-4425

American Sewing Guild

2nd Mon 9:00 am-3:00pm
Dawn 772-3789

Bridge

Every Friday at noon
Marcia 775-6674

Yoga

M-W-F 7:15-8:30 a.m.
Carol 928-759-7069

NEWS FROM THE OFFICE

AIRPORT SHUTTLE PARKING

As you all know, the airport shuttle pickup is at the POA office at 1133 Old Chisholm Tr. If you plan on leaving your car at the POA office for any period of time, please submit your name, phone number, departure date and return date along with your vehicle identification to me prior to leaving your car here.

Since the POA activity room is used approximately 60 times per month by large groups, we ask that you park your vehicle on the gravel lot to the left of the building. This will free up the spots in the parking lot for use by the groups who hold their functions here.

We have not had any vandalism over the years, but please be advised the POA is not responsible for any damage that may occur to your vehicle. If you have any questions, please stop in the office or give me a call.

Marge Huffman, Office Manager

PCC News monthly is not responsible for unsolicited manuscripts. The information contained in this publication is received from sources that are considered to be reliable. PCC News is not responsible for any errors or schedule changes. Views, opinions or suggestions contained herein are not necessarily the opinion of the publishers.

Deadline for submissions for the next issue is the 15th. For ads, articles, photos and information, call 772-0849, email: pccnews@pccnewsmonthly.com

Publisher: Jeanette (Jan) Dowling, 11028 E. Lariat Lane, Dewey, Arizona 86327 www.PCCNewsMonthly.com

Local Events & Activities

IONS is meeting at the Activity Center on Tues, May 29th from 6 to 7:30 pm. We welcome all to join us for discussion on intriguing topics which expand our understanding of the world in which we live.

PLAY BUNCO! When was the last time \$5.00 got you a fun night out with the girls? Join the Bunco Babes in 2018! Every 4th Wed. of the month at the POA Building from 7:00 to 8:30 P.M. It's a great way to get to know your neighbors & make new friends! Only \$5.00 to play. Please bring a treat to share. The more the merrier! Call Carol at 759-7069.

PICKLEBALL at PCC Court! Membership not required. Beginners welcome! \$25 monthly for Sport Court Join us Monday mornings at 8am Contact Gretchen at 602-284-1245 if interested

PCC News is always looking for fresh and interesting local articles for our publication. Share your expertise in hobbies, gardening, DIY projects, or local history. Contact Jan at 772-0849 or email pccnews@pccnews-monthly.com. Articles run on a space available basis.

PRESCOTT VALLEY PUBLIC LIBRARY
PRESENTS

WASTED! THE STORY OF FOOD WASTE

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WASTED! THE STORY OF FOOD WASTE aims to change the way people buy, cook, recycle, and eat food.

SATURDAY JUNE 2, 2018

12:30-2:30PM

LIBRARY AUDITORIUM

Co-sponsors, Quad Cities Food Recovery Project and the Food Neighbors Project, will highlight their projects and answer questions after the film.

Popcorn will be served and all attendees are encouraged to contribute to the event's food drive by bringing a shelf stable food item. Prescott Valley Food Bank will be the recipient for our food donation drive during the event.

For more information please call 928-759-3040



Dewey-Humboldt Historical Society Events

Mine Trip and Gold Panning Adventure



The Historical Society invites members and those interested in our history, to join us on an outing scheduled for last Saturday in May. Explore a historic mine (bring your flashlight & camera) in the Lynx Creek area in the morning, then spend the afternoon learning to prospect and pan for gold with the Gold Prospectors Association of Phoenix. Meet Saturday morning 7:30 AM on 26th May at corner of Main & 2nd Streets in Dewey-Humboldt. Scheduled date weather permitting, as the date gets closer watch to more information: <https://www.facebook.com/dhhs-museum> or email Info@DHHSMuseum.org

Yard Sale

On Saturday 9th June, the Historical Society will be holding our fantastic Yard Sale at Humboldt Station. Just take Rt 69 to Dewey-Humboldt and turn onto Main Street (by the Chevron Station) at the traffic light. Humboldt Station is the old western store front and you'll find our outside sale with treasures and nick-nacks you never knew you could live without. More

information or interested in making donations; e-mail us at Info@DHHSMuseum.org

Agua Fria Festival

Change in date for this year's Agua Fria Festival - Saturday 22nd September on Main Street. This is our local tradition, starting with the very first festival in 1907. This year's festival opens at 9 AM, with the Old West Parade down Main Street at 10 AM followed by Music, Food, Vendors, Performances, Auction, Contests, Games and much more all day until 3 PM.

Are you interested in the participating in the Parade or as a Vendor, don't delay - contact Sue at 928-499-9972. And even if you're not a vendor, come join us at the festival. Learn more about what is sure to be a memorable day at www.aguafriafestival.com

The Dewey-Humboldt Historical Society is a non-profit organization dedicated to collecting, preserving, exhibiting and teaching others about our unique Farming, Ranching and Mining History. Monthly Meetings held in the Agua Fria Church at 5:30 PM, second Wednesday of each month, visitors always welcome.

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EVENTS AT THE PV LIBRARY – 7401 E. CIVIC CIRCLE PV

Free gardening classes. Are you interested in learning how to have a successful vegetable garden this year? If so, join Master Gardener Tricia Michelson on Tuesday June 5, 2018 from 6:00-7:30 in the Crystal Room for "10 Steps to a Successful Vegetable Garden". No registration required. For more information, contact Carol at 928-759-6193.

Prescott Valley Public Library Book Clubs

PV Public Library hosts two book clubs each month. If you're looking for a book club to join, check us out. Book clubs prove that books bring people together and the summer months are the perfect time to join our book clubs. If you have questions please contact Carol at 928-759-6193.

The PVPL Book Club group meets each month on the 3rd Thursday at 10:30am in the Genealogy Room (2nd Floor).

The PVPL Afterthoughts Book Club group meets each month on the 4th Tuesday at 6:00pm in the Genealogy Room (2nd Floor).

June Money Fitness Class

Are you thinking about and planning for your retirement? Come to Money Fitness and we'll discuss how your retirement financial plans and dreams are tied to your budget, how much do you need to retire and how to reach your retirement goals. On June 12 Prescott Valley Public Library Money Fitness class will discuss – Retirement: What's Your Number? Seating is limited and registration is required so please register online at pvlib.net, classes, Money Fitness. Contact Carol @ 928-759-6193 for more information.

Tuesday, June 12, 2018, 6-7pm, PC Lab, 2nd Floor

The Gadabouts, Music & Entertainment

On June 29 the Gadabouts will be taking the stage in the Crystal

Room at 3pm and entertaining us with country, folk, bluegrass, old-time mountain music and novelty songs. Billye, Jim, Steve, Bill and Harvey have been entertaining for years and the variety of instruments will astound and amaze you! This program is FREE and suitable for all ages. No registration required; for more information call 928-759-3040.

Computer Classes

PVPL will be offering two computer classes in June. Mac Class meets two Tuesdays, June 12 & 19, from 6-7:30pm in the Digital Media Lab. Intro to Computers meets two Wednesdays, June 13 & 20 from 10-11:30am in the PC Lab.

Registration opens May 1! Space is limited and registration is required. Please register online at pvlib.net, Computer Classes. For more information call 928-759-6187.

A Caregivers' Forum - Resources and Care for You and Your Loved One

Caring for a family member or a close friend is one of the most important roles you'll play. Whether you are just beginning to anticipate a need, helping coordinate a big move, or are providing care around the clock for a loved one, community resources are there for you. Join us as we share free guides that include resources, information, and checklists that may help you with your journey. The AARP Prepare to Care Guide is a useful tool, and will help guide you through five important steps designed to make your caregiving process a little easier. Visit with several local organizations that can provide numerous resources that may benefit you, and your loved one. Please join us. Registration is required. Please register at pvlib.net, Attend, Classes. Friday, June 15, 2-3:30pm, Crystal Room

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PCC POA GENERAL MEMBERSHIP MEETING MINUTES

Prescott Country Club Property Owners Association
General Membership Meeting
May 1, 2018 www.pccpoa.com

The following Minutes will be approved subject to corrections at the next General Membership Meeting.

Next Meetings:

Next Board of Directors Meeting: May 15, at 6:00 PM
Next General Membership Meeting: October 3, at 6:00 PM
(Nominations)

Date & Time:

Pursuant to Section 7.0 of the POA Bylaws, a General Membership meeting of the Board of Directors was held Tuesday, May 1, at 6:00 PM at the Property Owners Association Activity Center.

Officers and Quorum:

The President, Bob Heise, opened the meeting at 6:00 PM and the Secretary, Brian Biggs, took Minutes. The following additional Board Members were present: Amy Bentley, Dave Paulin, Gracelyn Palmer, Mary Kloepfel, Don McGlamery, and Jennifer Lynch. Donna Chisum was not present.

Minutes:

Brian Biggs made a Motion to accept the December 6, 2017 General Membership Meeting Minutes without reading them. The Motion was seconded by Dave Paulin and passed unanimously.

Treasurer's Report:

Don McGlamery informed the membership that the POA fi-

nances are tracking nicely except for the front entrance repair, which will cost about \$1,000 more due to unforeseen fees. We gained some money back by switching our QuickBooks license to a less expensive one. With the reduction in dues this year, we should end the year with about \$45K in unallocated funds above and beyond the operating reserve and repair reserve.

Guest Speaker: Chief Deputy David Rhodes and Yavapai County Public Information Officer David McAtee spoke to the membership.

Jail District ¼ Cent Sales Tax Renewal – Chief Deputy Rhodes noted that the ballot that was just mailed is asking the public to renew the existing ¼ cent sales tax to continue funding existing operations. This is not a new tax and this is not for a new jail. The original tax was introduced in 1999 and is set to expire in 2020. If the tax is not extended, then property taxes will need to increase to cover the cost of operating the jail. The jail population has stabilized due to pre-arrest intervention efforts and post-release treatment options. The jail costs \$18 million per year to run and about half of the cost is paid through the ¼ cent tax. **Safety** – Brian Biggs read a letter from member Jo Ann Johnson regarding street safety. Chief Deputy Rhodes said that the sheriff's office would perform some data collection to determine how much speeding is going on and at what times. The sheriff's office can then perform some targeted enforcement during peak times in order to reduce speeding in PCC.

Town Hall:

Brian Biggs read two a letter from member Karen Dietrich regarding possible PCC improvements as well as safety concerns and a letter from member John Jamison thanking Mr. Heise for his letter in the newsletter. Member Al Zielinski suggested that radar speed limit signs be posted at various locations around the loop to help slow down speeding drivers. The Board asked Mr. Zielinski to do a cost and feasibility analysis and present it to the Board. Various other discussions occurred regarding safety and reserve funds.

Adjournment:

At 7:35pm, Brian Biggs made a motion to adjourn the meeting. The motion seconded by Dave Paulin, meeting was adjourned.

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PCC POA BOARD MEETING MINUTES

**Prescott Country Club Property Owners Association
Board of Directors Meeting
May 15, 2018 www.pccpoa.com**

The following Minutes will be approved subject to corrections at the next Board Meeting.

Next Meetings:

Next Board of Directors Meeting: Tuesday, June 19, 2018 at 6pm

Next General Membership Meeting: Wednesday, October 3, 2018 at 6pm (Nominations)

Fall Garage Sale: Saturday, October 6, 2018

Date & Time:

Pursuant to Section 7.0 of the POA Bylaws, a Regular Board of Directors Meeting was held on May 15, 2018 at 6 PM at the Property Owners Association Activity Center.

Officers and Quorum:

The Secretary, Brian Biggs, opened the meeting at 6:00 PM and took Minutes. The following additional Board Members were present: Amy Bentley, Mary Kloepfel, Donna Chisum, Jennifer Lynch, and Don McGlamery. Gracelyn Palmer, Dave Paulin, and Bob Heise were not present.

Minutes:

Brian Biggs made a motion to accept the March 20, 2018 minutes without reading. The motion was seconded by Don McGlamery and passed unanimously with Donna Chisum abstaining.

Treasurer's Report:

Don McGlamery noted that the finances are on track, with the exception of a small overrun on the front entrance water repair.

Office Manager's Report:

Don McGlamery stated that Marge Huffman switched the office telephone from AT&T to CableOne, saving over \$1000 per year.

Committee Reports:

Architectural: Gracelyn Palmer – No report.

Budget & Finance: Don McGlamery – No report.

Building & Grounds: Don McGlamery – See below.

CC&Rs Enforcement: Mary Kloepfel/Gracelyn Palmer – No report.

Community Enhancement: Amy Bentley – See below.

Community Relations: Brian Biggs – No report.

Events & Recreation: Donna Chisum – No report.

Health & Safety: Mary Kloepfel – The Health Screening event will occur on Tuesday, May 29 from 11-5 at the POA building. Appointments are required.

Nominating Committee: Donna Chisum – No report.

Unfinished Business

None

New Business:

Repair Trip Hazard on Concrete Patio: Don McGlamery noted that there is some settled concrete on the back patio which might be a trip hazard. Don obtained two bids to repair the area. Don made a motion to hire Four Stones Concrete and Remodeling to make the repair for \$1,300. The motion was seconded by Mary Kloepfel and passed unanimously.

Remove Ken Jeffries as a Check Signer: Don made a motion to remove Ken Jeffries from the list of authorized check signers. The motion was seconded by Donna Chisum and passed unanimously.

Request to Survey POA: Amy Bentley presented a survey to be placed in the June PCC Newsletter. The Board suggested a few changes. Amy Bentley made a motion to have the POA make copies of the revised survey and submit the copies for publication in the Newsletter. The motion was seconded by Jennifer Lynch and passed unanimously.

Portable RADAR: Member Al Zielinski presented a status report regarding the potential addition of RADAR speed limit signage in PCC. Al spoke with Tom Thurman and drove the loop with Yavapai County Roads Division employee Anthony Gutierrez. Mr. Gutierrez identified areas where existing signage could be moved or augmented. On a follow-up call, Mr. Gutierrez and Mr. Thurman noted that the County may be willing to collaborate with PCC to procure and install one or two RADAR speed limit signs. The County may also be willing to cover the ongoing maintenance and placement of the new signs. However, the procurement would likely occur after the end of the current fiscal year (ending July 2018). Al Zielinski agreed to continue to follow up with this endeavor. The Board and audience members thanked Al for his work.

Adjournment:

At 6:48pm, Amy Bentley made a motion to adjourn the meeting. The motion was seconded by Jennifer Lynch and the meeting was adjourned.



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HUMAN IMPERFECTIONS



Larry Wonderling

Hopefully we can all agree that the above title applies to all of us regardless of our age, gender, intelligence, accomplishments, or birth place! I doubt if this historically undisputed fact would be much of an interpersonal or social problem if we all acknowledged this human universal handicap with acceptance, understanding, and a pleasant dash of good humor.

Randomly deposit a few of us in a large group of mixed humans from all areas of our world and in addition to their marked similarities in appearance and behavior, an in-depth assessment of their psychological and physical abilities would reveal those inevitable imperfections! Such a survey would definitely include me, my dearest Carol, my precious mother who was always there for me, and everyone I've ever known.

Of course, one of the ironies of our universal imperfections is their individual differences in skills and deficits. Another is comments of the "so what?" variety when people are offered endless research concerning our hu-

man universal imperfections. "We already know that!" Well, if so, I hope you're empathic enough to at least postpone an intolerance of another's behaviors, including their attitudes, until you know a little about them. Once we tend to forget that we all have imperfections, we too often begin defensibly judging those "perfect" others as arrogant, wrong, know it all, etc.

Walking down a crowded sidewalk, some big guy bumps into you, almost knocking you over. That's when you intend to shout a "watch where you're walking," until you notice his white cane and black glasses. That's one of the obvious imperfections I fail to even notice.

Then there's the middle aged man sitting in the park with a big sign asking for help! Is this guy a con, or maybe just a drunk? Of course I don't know if he's lying to me, dying for a drink, or just a few extra bucks. Or maybe his request is a demonstration of his most disabling imperfection in simply not wanting another job after being fired too many times.

Whether one of his imperfections is being a hustler or needy, really doesn't matter to me anymore, especially after a brief incident in Prescott years ago. While walking by an old guy sitting alone in an alley, I asked, in a very friendly way, how he was doing. He answered by commenting, "I could use a quarter if you have an extra one." I spontaneously gave him a five dollar bill and he struggled to his feet bawling as he hugged me with more tears of gratitude. I'll never forget his emotional reply, nor will I ever refuse anyone in need of a few dollars. It truly makes me feel good.

— Larry Wonderling, Ph.D.
Email: capfound@aol.com

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The Sky This Month



Welcome to our night-time sky. Please enjoy this month's tidbits of knowledge. We are lucky to live in a dark-sky area where the heavens can shine through. I hope you enjoy the sky and perhaps learn a thing or two. Happy star gazing!

Summer Arrives – Way back in the early days, mankind began observing the sun's motion. Observers noticed that the sun did not always set at the same point each day. Sometimes it moved south and sometimes it moved north. Twice per year, the sun stopped moving and reversed direction. People at the equator noticed that the sun passed overhead twice per year as the sun moved north and south. The observers did not know the reason for the movement, but they gave the turning points a name: "Solstice," which is Latin for sun stands still. So what causes the sun to stand still? The earth's orbit around the sun is tilted 23.5 degrees from the equator. As the earth moves around the sun, there are four points in the orbit that are noteworthy. Two of the points are where the equator lines up directly with our orbit and the sun is directly overhead at the equator. These points are called equinoxes and they translate to spring and fall. The two remaining points occur when the orbit is at its maximum angle

compared to our equator. These points are called solstices and translate to summer and winter. In our summer, the northern hemisphere is pointed towards the sun, the sun reaches its maximum northerly point, we get more direct rays from the sun, and we heat up. In our winter, the southern hemisphere is pointed towards the sun, the sun reaches its maximum southerly point, we get less direct rays from the sun, and we cool down. This magical event will occur on Jun 21 at 3:07 AM in Arizona.

Let's Go to the Zoo – This may not be your typical zoo, but there are strange creatures none-the-less. In 2000, a group of astronomers got together and decided it would be a good idea to take pictures of all the galaxies that could be seen using a 2.5 meter telescope in New Mexico. They ended up with 930,000! That's galaxies, as in the Milky Way Galaxy. In 2014 they upgraded to a 4 meter telescope with ten times the light gathering power. So how do you analyze hundreds of thousands of galaxies? Why not harness the power of geeks worldwide? Thus, Galaxy Zoo was born. The astronomers used computers to cut out each galaxy into a picture and then unleashed the pictures onto thousands of volunteers to categorize them – hundreds of thousands of volunteers. You too can help if you like. Go to www.GalaxyZoo.org take a brief training session, and start cataloging.

– Brian Biggs, *Amateur Astronomer*

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Medication Management: There's Lots to Learn from Your Pharmacist



Does a question about a new prescription medication typically come to you after leaving your doctor's appointment? When picking up a new prescription at your pharmacy, do you usually skip the offer to talk with your pharmacist about the medication?

According to Jeff Anderson, PharmD, MS, BCPS, Director of Pharmacy Services at Yavapai Regional Medical Center (YRMC), both of these are excellent opportunities to get questions answered and communicate any concerns you have about your medications.

- Why am I taking this medication?
- How will this medicine help me?
- How do I take the medication?
- What side effects could I experience while taking this medication?
- Could this medication interfere with other prescriptions, herbal supplements or over-the-counter medications I'm currently taking?

"Talk with your doctors about your medications at every appointment and at the very least annually," said

Anderson. "Your physician may be able to discontinue a medication or reduce the number of medications you take."

These conversations are particularly important for older adults who are at risk for "polypharmacy" – the use of multiple prescription drugs at the same time. Nearly 40 percent of people 65 and older take five or more prescription medications. And people who take multiple prescription drugs have an 88 percent risk of experiencing adverse reactions.

How can you prevent polypharmacy and manage medication? Anderson recommends you begin by gathering information on your medications.

Create a list of all medications you take, including prescriptions, herbal supplements, over-the-counter medicines, vitamins and any medication delivered through an internal or external pump. Include the medication name, dose and frequency on your list as well as other instructions, such as whether to take the medication with or without food. Add any allergies you have to your medication list. Keep copies of your list handy in multiple locations (e.g.,

See **MEDICATION** page 11



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Happy Father's Day

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Directs participants to resources for additional help

Friday June 22nd
3-4:30pm
Glassford Hill Room



This is a free event. Registration is required at pvlib.net, Attend, Classes For more information, call 928-759-3040.

MEDICATION, continued from page 10

purse, wallet, car, work and on the refrigerator at home). Don't flush medications you're no longer using as they can get into the water system. Matforce – an organization dedicated to reducing substance abuse in Yavapai County – sponsors a medication disposal program in communities throughout the area. For household disposal, the EPA recommends mixing expired, discontinued or unwanted medications with dirt, kitty litter or coffee grounds in a disposable container and placing in the trash.

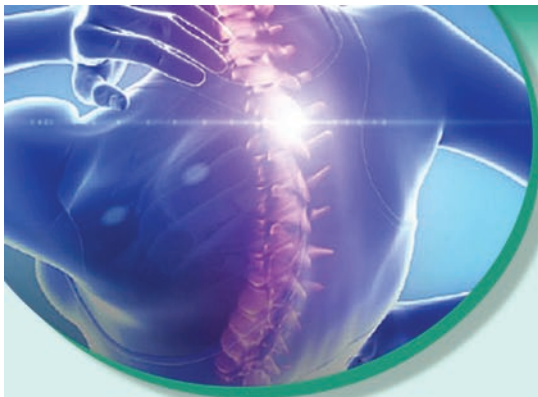
And the next time you pick up a prescription at your pharmacy, take the opportunity to speak to the pharmacist about your medication.

"Pharmacists want to speak to people about their medications," Anderson said. "They have years of education and lots of knowledge they like to share with patients."

Jeff Anderson, PharmD, MS, BCPS, is the Director of Pharmacy Services at Yavapai Regional Medical Center.



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A Taste of Wine



With summer right around the corner my wonderful husband and I are starting to eat lighter. We are having a little more fish and a little less meat for dinner. Delightfully yummy seasonal veggies are starting to show up in the grocery stores too. In honor of lighter eating, this month's article

features two of my favorite recipes and my preferred wine to go with them. Enjoy.

Salmon Caesar Salad – This is a relatively new “Go To” meal for us. I make a Caesar Salad with Romaine lettuce as the base and then mix in Caesar dressing. My Caesar dressing is a store bought base to which I add parmesan and anchovies. Brian makes the Salmon by putting lemon-pepper all over it and then flash frying it with olive oil in a pan on the oven. It is super quick to make and absolutely scrumptious and fresh. We often deviate back to one of the wines we served at our wedding...Kendall Jackson Chardonnay. The lightness plus touch of anchovies really go well with the crispness of the chardonnay.

Artichokes – I love artichokes. This recipe is also very easy to make. Buy two artichokes (the larger and fresher the better). Cut off the top inch of the artichoke and about one inch of the stem. I cut it with a large serrated bread knife. Trim

the tips off of any of the leaves remaining (since those tips are pointy and hurt to touch them). I trim using scissors. Rinse the artichokes meticulously in the sink trying to get out any sand or grit that may be hiding in the leaves. Place the artichokes in a large pot with water partially covering them. Boil the water and artichokes for about 75 minutes. Mix up some mayonnaise and yellow mustard (2 part mayo, 1 part mustard) and chill it. Remove the artichokes from the water, drain out the water from the leaves, and serve with the mayo/mustard. Eat the yummy meaty part and throw the remaining leaves in a discard bowl. Artichokes have the reputation of being a wine-killer but as with most of these diktats the problem is over-played. True, artichokes can make dry whites taste oddly sweet but if you pair with Italian reds with high acidity rather than those with tannins or an overtly fruity character you will love it! My vote is for Sangiovese and specifically ...Monte Antico Toscana Rosso which is about \$13 in the store. It is a red wine blend with 85% Sangiovese, 10% Merlot and 5% Cabernet Sauvignon from Tuscany, Italy. The wine spends one year in a mix of 80% Slavonian oak barrels (5-6 years old) and 20% French oak barrels (new and second year).

Happy tasting!

– **Nancy Biggs, Wine Aficionada** (P.S. – To my wonderful husband and love of my life...happy anniversary month!)



Honesty

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Beware of agents who use a straight dollars per square foot average, or who simply pull a number out of the air from their 'experience'. Some agents will provide a falsely inflated value so they can get the listing. The agent then waits for the market to rise to the list price, or later pressures the seller to lower the price to the **real value**.

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How & Why to Select a Good Quality Pair of Sunglasses

This is what the sun does to your eyes: 1. The skin around the eyes, in particular the eyelids, is made up of a very thin tissue. Over time, repeated UV exposure can lead to wrinkles, age spots, and small skin cancers. 10% of all skin cancers occur on the eyelids! 2. Sun damage can cause a condition called pinguecula, a thickening of the clear thin membrane that covers the white of the eye. This causes raised bumps on the eye, near the cornea, which can become irritated and inflamed. If this thickens and grows over the cornea, it's called pterygium which obscures vision in that eye. 3. The macula is the part of the retina where we have straight ahead vision and detailed vision. That macula can start to deteriorate, leading to macular degeneration, which causes permanent loss of central and detailed vision. UV light and high energy blue light contribute to this condition. 4. Blue eyed people are more susceptible to macular degeneration and especially need to wear sunglasses to protect the retina. 5. Behind the pupil of the eye is the crystalline lens which focuses light on the retina. When the lens becomes clouded, the resulting condition is cataracts. Exposure to UV contributes to the development of cataracts. Wearing sunglasses and a hat slows the process. 6. A common summertime scenario is a day at the lake or the beach. On the drive home your eyes feel kind of gritty. By 10 pm they're in agony and on the way to the emergency room with a sunburned cornea. This can cause tremendous pain and temporarily blur your vision, and it takes a while to heal.

Here's how to protect your eyes: 1. A good pair of sunglasses is your best defense. Look for sun lenses that say they block 99 to 100% of UV, or that say UV400, which means the lenses block wavelengths shorter than 400, which includes all UVA and UVB rays. If the label says something more vague, like "Absorbs UV", put them back on the shelf. 2. Many people prefer polarized sunlenses. They block the same UV with the added advantage of cutting the glare from horizontal surfaces, such as pavement,

water, wet grass, cement (just about anything horizontal that reflects light). Polarized lenses allow for crisper, clearer vision, particularly while driving or on the water. 3. Lens color is really a matter of preference and makes no difference in UV protection. However, the brown shades do filter some of the blue light, which gives you a little more contrast and intensifies the greens. Golfers often prefer the brown shades. Gray keeps things in their natural colors. Green is a very comfortable, soothing color that is easy on the eye. There are even specific polarized tints for specific sports, like violet, ruby and blue. 4. Good sunglass lenses are made from the same materials as prescription lenses. Cheaper lenses are made from pressed plastic which has distortions. Ask for optically ground lenses! Go to an actual optical shop or optometrist's office for the best advice and best quality lenses. 5. For maximum coverage, large frames are the best. They shield more of the delicate eye area from UV and also allow less UV to sneak around the lens and into the eyes. Also larger, closer fitting sunglasses help cut down on tear evaporation if you tend to have dryer eyes. 6. Wear a hat!

Embrace these beautiful summer months, protect your eyes and your skin, and go out and have FUN!!



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Jewelry Reflections



Wire Wizardry

I am captivated by wire. I love working with it to create one-of-a-kind jewelry. I have three collections – Paddles, Bubbles, and Scribbles – which celebrate wire in all its forms.

The earrings and necklaces in my Paddles Collection are created by hammering round wire until it flattens and forms a shape like that of a boat paddle. As I create each paddle, I turn the wire so you see the paddle shape when you look at the piece from the front and from the side. I drill a hole in each paddle, so it can hang from an ear wire or form part of a necklace.

Each bubble is created by forming a loop in a piece of round wire leaving a long stem like a bubble wand. Sometimes I fill the bubble with colored resin. People say those bubbles look like balloons or lollipops. Other times I leave the bubble empty and hammer its edges so they catch the light. I create a small loop at the end of the “wand” so it can hang from an ear wire or be made into a necklace.

For my Scribbles Collection I doodle with wire creating fanciful patterns of loops and swirls. Sometimes the scribbles are formed into centerpieces for necklaces using 10 to 30 feet of wire. Other times, I form them into bracelets using over 40 feet of wire to do so. Scribbles Roses earrings and pendants (pictured in my ad) are created by crimping round wire, spiraling it and then hammering it to create patterns that catch the light.

The thickness or gauge of the wire determines the look of the finished piece – delicate and lacy or heavy and substantial. The type of wire used also contributes to the look. Sterling silver, copper and bronze wires are classic choices. However, using color-coated (enameled) copper wire can result in modern, fanciful, or unconventional looks.

You’ll find colorful and classic wire jewelry on my website, SlinkyLynnxChic.com, and at Prescott Art Market.

– Lynn Schmitt

Lynn@SlinkyLynnxChic.co

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Reiki for Pain

Working with clients for over 28 years, I find that Reiki can be very helpful in reducing or even eliminating pain.

A lot of people are skeptical about Reiki because they never heard of it or cannot understand how it works, but when their doctor's only solution to their pain problem is another prescription, Reiki all of a sudden sounds like a viable option.

When I lived in Maryland Memorial Hospital in Easton in 2006 and 2007 did a study on whether Reiki helped patients reduce pain and anxiety levels after surgery. Each patient in the study had Reiki once a day for 30 minutes. After the session they were asked how they felt and several hours later they were asked to rate their pain level again. The study overwhelming showed that Reiki helped to lower not only the pain levels but also relieve anxiety.

I have worked with many people that have back pain that the doctor's only offering is pain pills. They keep coming back to me as their pain levels diminish. Reiki balances the energy in the affected areas and when the

energy is balanced the physical body begins to heal so does the emotional body.

A few of my clients have had Bells Palsy. One in particular was supposed to go on vacation. The left side of her face would not move and she had pain. The doctors told her it could weeks to months for it to heal. When I saw her it was day three of her experience. After 40 minutes of Reiki with both my husband and I working on her, her eyelid began to move and so did the corner of her mouth. Her pain level had lessened. She got on a plane the next day and went on vacation. When she got back we did a few more Reiki sessions and her face returned to normal in less than three weeks.

Reiki after surgery not only helps the pain levels, it helps to accelerate the over healing process and move out the foggy effect of the anesthesia that can days for weeks to get out of the body. The great thing about Reiki is that it never hurts.

– Dawn Fleming, Reiki Master

<http://www.energytransformations.org>
reikidawn@yahoo.com



LEARN REIKI – JUNE 9 & 10

Reiki I, June 9th – Learn: what Reiki is, how it works, explore your energetic anatomy, how Reiki reduces stress and supports healing, how to do Reiki on yourself and on others. You will receive a session and give a session. **CEs for massage therapists.**

Reiki II, June 10th – Gain more tools for your Reiki toolbox, Learn: the Reiki symbols and how to use them in a session and in your daily life, how to send Reiki to someone at a distance and how to use Reiki to manifest your dreams. **CEs for massage therapists**

Workshop is held in Prescott Country Club with Reiki Expert and Master Dawn Fleming who has been teaching Reiki for 22 years.

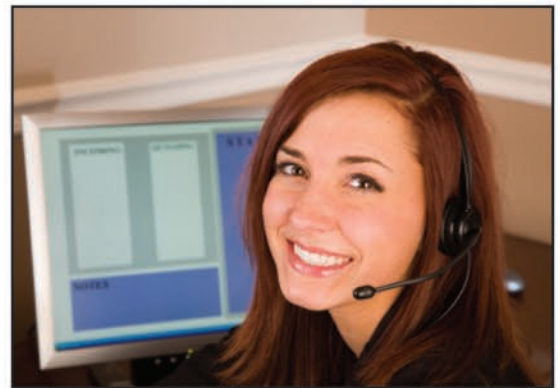
You can sign up for one or both classes. Reiki I must be taken first. Sign up at <http://www.energytransformations.org> Look for workshops on the top menu bar or call **480-751-9278. Register before June 5th.**

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CASA Senior Center - Prescott Valley Active Adult Center

Summer Arts & Crafts Faire

JUNE EVENTS

Friday & Saturday

June 1 & 2, 10 a.m. to 2:00 p.m.



Father's Day Luncheon & Model-Craze Style Show

Thursday, June 14, 11:00 - 12:30 p.m.

June Birthday Luncheon
Thursday, June 21, 11 - 12:30

We Have Something Fun & Interesting for EVERYONE to do!

*Adult Coloring! Art Crafts! *BINGO! *Designing Greeting Cards! Painting Class! Poker! Pinochle! Socialize with Friends & Enjoy a Delicious Lunch here at CASA Kitchen Café! Gentle Fitness Exercise! Line Dance! Tai Chi! Check your Blood Pressure! Get your Hair Cut! Get a Pedicure! Learn how to surf the web! Take an Educational Workshop or Seminar! Shop for BARGAINS in CASA's Thrift Shop, Bake Sale & Food Pantry! Plus MORE! *SIZZLER Activities

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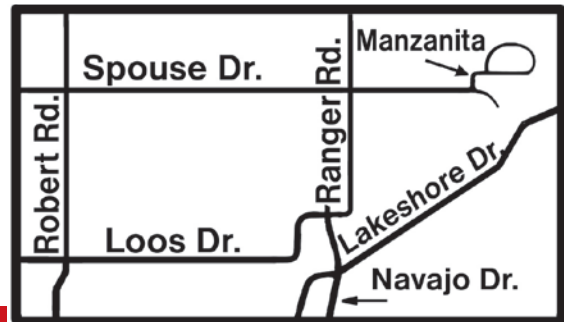
Community Flea Market Sale

CASA Senior Center
PV Active Adult Center
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Friday & Saturday
June 29 & 30
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CASA Schedule of Events for JUNE

SUNDAY

GACWSMA Meeting,
Pot Luck & DANCE:
June 10 – 12-4:00

Happy Fathers' Day
June 17!

MONDAY

TAI CHI: 8:30-9:15
Baked Goods/Commodities
ART & PAINTING 10-11
CASA Thrift Shop 10-3
CASA Kitchen Café
11-12:30
Computer/Internet HELP 10-12
(Alan Krause)
CASA Food Pantry: 12-3
Adult COLORING: 1-2:00
Gentle EXERCISE 1-2:00
Desert Rose Dance Rehearsal:
3:30-6:00

TUESDAY

CASA Kitchen Café
11-12:30
Baked Goods/Commodities
CASA Thrift Shop 10-3
CASA Food Pantry: 12-3
BINGO 1:30 - 4:30
Have Fun! Win Cash!
HIGH % PAYOUTS
LINE DANCING 5-6:30

WEDNESDAY

TAI CHI: 8:30-9:15
Baked Goods/Commodities
CASA Thrift Shop 10-3
CASA Kitchen Café – 11-12:30

POKER 12:30-4
PINOCCHLE 5-9

THURSDAY

Baked Goods/Commodities
CASA Kitchen Café
11-12:30
CASA Food Pantry: 12-3
Weight Watchers 6-7:30
Father's Lunch & Style Show
June 14
Birthday Lunch June 21
Jerry Thomas Para-legal Svc
10:30-11:30 JUNE 28
CASA Bd. Mtg 1:00 - JUNE 28

FRIDAY

CASA Summer
ARTS & CRAFTS Faire
JUNE 1 & 2 – 10-2:00
CASA COMMUNITY
FLEA MARKET
JUNE 29 & 30 8-12

TAI CHI: 8:30-9:15
Baked Goods/Commodities
Desert Rose Rehearsal
9:30-10:30
Piano Lessons 10:30
CASA Thrift Shop 10-3
CASA Food Pantry: 12-3
CASA Kitchen Café
11-12:30
POKER 12:30-4
Gentle EXERCISE 1-2:00
Greeting Card Workshop
10-11:00 June 15
CANASTA 1-4:00 June 15
HAIR CUTS & TRIMS
by JUSTINA: June 15 12-2
CASA Community

SATURDAY

BINGO 5:30
HAVE FUN! WIN CASH!
Doors Open @ 4:00
HIGH % PAYOUTS!

There's
Always
Something
Happening
at CASA!

Play BINGO @ CASA

TUESDAY: 1:30-4+
Come Early for Lunch @ 11:30-12:30
Buy Lunch (Reg Price) & receive
coupon for 1 FREE BONANZA Card!
SATURDAY: 5:30-8+
Doors open @ 4:00 pm



DAILY HOT BALL
TICKET DRAWINGS!
High % Payouts

Have FUN! -- Win CASH!

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PV Chamber Report

Happy Summer Days!

Big congratulations to the recipients of the Chamber of Commerce \$1,000 scholarships, Thaddeus Martin, Kayre Meza and Brannon Walters, all from Bradshaw Mountain High School (Go Bears!)

We had a wonderful PV Days celebration this past month. Thank you to all who helped, participated and joined in the fun. It was truly a "Ruby" celebration. Special thanks to Board member and Chef Jim Cabral for organizing and presenting our first Ranch To Table dinner. Great evening with good food, fun friends and the Rafter Eleven "Limitless" edition wine! Mark your calendars now for May 11 for our premier signature event with Prescott Valley Days.

Now taking registrations for our annual Ed Lepordo Memorial Pronghorn Golf Tournament. We are happy to once again be working with the Prescott Golf Club for this outstanding tournament benefitting the Chamber of Commerce and its many programs. Visit pvchamber.org or call Gloria at 928-772-8857 for more information and registration. Only \$85 person or \$300 for a foursome.

Congratulations to all of the graduates in the Quad-cities, May you go on to do great things with success!

The Prescott Valley Early Bird Lions Club is pleased to announce the award recipients for the 40th annual PV

Days parade.

Civic/Non-Profit

First place: Town of Prescott Valley

Second place: Prescott Valley Chamber Ambassadors

Church

First place: Baha'i Faith

Second place: Vineyard Church

Youth

First place: Glassford Hill Middle School

Second place: Shin Pu Ren Family Karate

Marching

First place: Franklin Phonetic School

Second place: Arizona Precision Motorcycle Drill Team

Commercial Business

First place: Taylor Waste

Second place: B & M Quality Landscaping

Classic Cars:

First Place: Vette Sette Car Club

Second place: Prescott Antique Auto Club

– *Marnie Uhl, IOM, ACE*

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ASK MA AT MJ CONSULTING LLC - YOUR MEDICAL CANNABIS Q & A

I wear green for my son!

This column is intended to provide basic information about the Arizona Medical Marijuana Program and Marijuana as a medicine, not legal or medical advice.

Question: Is marijuana a miracle medicine?

Medical Marijuana is not a stand-alone cure all medication. Patient testimony will tell you medical marijuana does the same thing as many prescription and over the counter medications without the side effects. It also gives your body the ability to heal and cure life threatening diseases.

According to Edgar A. Sutter, MD in an article he wrote May 2011 in Green Leaf magazine, our bodies make a variety of marijuana-like chemicals called "endocannabinoids" that activate many brain, pain, and other receptors distributed throughout the tissue and organs of our bodies. The activation of these endocannabinoids receptors affects and regulates the chemical processes of our bodies-pain, inflammation, immune response, cardiovascular function, gastrointestinal function, etc.

TRENDS in Pharmacological Sciences state the following as benefits of the marijuana plant: Immunosuppressive, anti-inflammatory, bone stimulant, analgesic, intestinal anti-prokinetic, antipsoriatic, antidiabetic, antibacterial, antiemetic, antiproliferative, anticancer, anti-ischemic, antispasmodic, vasorelaxant, neuroprotective, antiepileptic, antipsychotic, anxi-

olytic, antimicrobial, analgesic, antibacterial, to name a few of the health benefits of this plant based medicine.

Strainbrain.com is a website that lists thousands of marijuana strains. A strain is a type of marijuana much like your family members each member may have the same parents but each of your children are unique. The two primary families of cannabis are Sativa and Indica. These two families have been breeding the past 40 years to create hybrids. A hybrid means you have qualities of both parents in a reduce strength. Strainbrain.com also lists 390 conditions and symptoms marijuana treats. There are hundreds of websites that list thousands of strains worldwide.

Sativa is generally about daytime use. It is mind dominate, anti-anxiety, anti-depressant, activating, uplifting, increases alertness, increases energy, and enhances creativity. A great place to be during daytime hours but not so good for night time use. Indica is all about late afternoon evening use. It is body dominate, sedative, relaxing, muscle relaxant, treats acute pain, reduces nausea, increases appetite, and increases dopamine. A hybrid will have benefits of both sativa and Indica and most patients find it best for daytime use.

Until next time here is to your wellness!

MA

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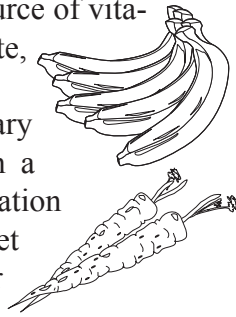
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email: mjconsultingllc@hotmail.com

We are a locally owned and family operated Community Resource Center, NOT a dispensary. There is no marijuana at this location.

Five Reasons to Eat Five Portions of Fruit & Vegetables

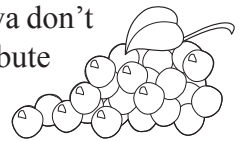
- Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.
- They're an excellent source of dietary fiber, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fiber can also reduce your risk of bowel cancer.
- They can help to reduce your risk of heart disease, stroke and some cancers.
- Fruit and vegetables contribute to a healthy, bal-



anced diet. Fruit and vegetables taste delicious and there's so much variety to choose from. Fruit and vegetables are also usually low in fat and calories (provided you don't fry them or roast them in lots of oil). That's why eating them can help you maintain a healthy weight and keep your heart healthy. To get the most out of your 5 A Day, your five portions should include a variety of fruit and vegetables. This is because different fruits and vegetables contain different combinations of fiber, vitamins, minerals and other nutrients.

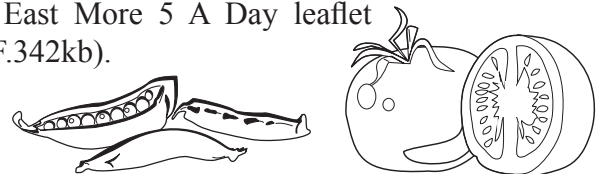


Almost all fruit and vegetables count towards your 5 A Day. They can be fresh, frozen, canned, dried or juiced. Potatoes, yams and cassava don't count, because they mainly contribute starch to the diet.



How to get your 5 A Day

- To learn more about what counts towards your 5 A Day, go to 5 A Day: what counts? and 5 A Day: portion sizes.
- For inspiration on fitting 5 A Day into your breakfast, lunch and dinner, go to 5 A Day tips.
- For ways to get cheaper fruit and veg, visit 5 A Day on a budget.
- Fussy eaters to feed? Get help from 5 A Day and your family.
- Green-fingered chefs might be interested in tips for growing your own fruit and vegetables.
- You can also learn more by downloading this Just East More 5 A Day leaflet (PDF.342kb).



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The Herbalist - Lemon Verbena May be Your Cup of Tea

I stopped by the live plant/ herb section of our local Sprouts the other day and found a small Lemon Verbena plant and decided I needed to put it in my garden. Oh my, the leaves smelled heavenly, I had to have it!

When I got home I decided to do a bit of research since I didn't know much about the plant and I'm really glad I didn't put it in my garden right away. The plant can grow up to 6 feet and really needs its own place to grow. The plant benefits from frequent trimmings and can be maintained as a smaller bush with some vigilance as it can grow quickly. I have planted it in a 14" planter and while it looks lost in there, I will watch it transform into the bush it dreams of being when it's grown up.

Now, let me praise its virtues. Its heavenly scented leaves are perfect for infusing your recipes with sweet, lemony flavor. Salad or even the dressing, marinades, broiled chicken, and that's just for starters. How about bruising some leaves to put in your iced tea or water? Only your imagination is the limit for how you can flavor your life. Tea is the most effective way to benefit from its multiple medicinal qualities. Using a few tablespoons fresh, or one tablespoon dry, steeped in almost boiling water for 10 minutes will release those essential oils and make a wonderful cuppa. I always put a small plate over the mug while it steeps so that all the lovely oils stay put in the drink.

While hot, this herb can help to bring a fever down by increasing body temperature and induce sweating. This time of year I'm more apt to drink it cold and enjoy its other many attributes.

Lemon verbena prevents muscle deterioration due to its antioxidant qualities. A nice cup of tea after a walk helps to maintain the hard work you've put in. The antioxidant properties can also help the breakdown of immune cells and ward off illness. It is also a relaxant and mood rejuvenator. Who couldn't use a bit less stress in their lives? The chemicals found within also help to reduce food cravings and may be helpful in a weight loss program. Other compounds in

the plant help with smoothing out digestion and may increase metabolism. Paired with that walking and you have a winning combination. If you feel achy, taking a cup of tea will help reduce inflammation and relieve joint pain. With the weather as beautiful as it is, Lemon verbena may be just what you need to keep yourself active outside.

Now, if that plants grows as much as it promises, I'm going to have lots of tea in my future.

Come on over and share a cup with me.

– Sue Ehlbeck MC,

Clinical Herbalist at Ladyslipper Herbs

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The Most Misunderstood Mortgage

The reverse mortgage has been around since 1961. The first reverse was underwritten and backed by a private savings & loan company in Maine for an elderly lady who had her income cut off when her husband passed away. This left her unable to afford her property taxes, home insurance, utilities and basic living expenses.

In 1969, a UCLA professor spoke to the Senate Committee on Aging about his support for an “actuarial mortgage plan in the form of a housing annuity” that allowed home owners to enjoy their saved equity. This concept caught on and after many hearings, in 1988 Ronald Reagan signed the reverse mortgage bill into law allowing the Federal Housing Administration to back the Home Equity Conversion Mortgage (HECM).

Since then, the HECM has helped hundreds of thousands of American Seniors use their saved equity for all kinds of purposes including additional monthly income for living expenses, as a line of credit for whatever they see fit, to pay off an existing home loan and most recently, to purchase a new primary residence.

Sounds pretty straight forward right? It actually is! Just like a regular 30 year fixed rate mortgage, it’s a lien

on your property and if you were to sell the home, that lien gets paid off. You get a mortgage statement every month just like you would with a regular loan. You continue to pay taxes, home insurance and your HOA dues. If you hold your property in a trust, it remains in the trust.

So why is this kind of mortgage different? The main reason is that if you are at least 62 years old and have a reverse mortgage, you will never have to make a mortgage payment again if you don’t want to. Another main difference is that you can only get a HECM on a primary residence. For example if you wanted to turn your primary (that has a reverse mortgage on it) into a rental property, you would have to refinance the reverse back into a regular mortgage, like a 30 year fixed.

If you are a senior and have not explored this option with your estate planner or financial advisor, it’s worth it to you to learn about how this program can provide you with additional options for building your retirement portfolio.

Traci Ranic is a Mortgage Broker with Frontier Financial of Arizona and has been originating mortgage loans since 2001. Her office is in the Prescott Country Club on Old Chisholm Trail.

ATTENTION ARIZONANS ages 62 and up!

Did you know you could use a reverse mortgage for all these reasons?

- To purchase a primary residence
- To get a set monthly income for the rest of your life
- To get a set monthly income AND a line of credit
- To get just a line of credit
- To pay off an existing primary residence mortgage

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PCC Women's Golf News

June's Abundance

This month we hope to have an abundance of growth and enjoyment, as well as games filled with great shots, new discoveries, and fun with friends. June blooms with a powerful, positive feeling of the Earth's abundance as we make our way around the beauty of the grounds of our lovely home course.

For Roadrunner on April 17 Mel Barnett came to the course to win with a score of 87 in Flight 1. Bobbi McDonald came in 2nd with a 90. Ann Marie Marano-Ciampa came in 3rd with a 92. In Flight 2 Vicki Trillo also came out to win with a 99. 2nd place went to Nora Barlow with a 100.

Roadrunner winner was Ann Marie Marano-Ciampi.

April 19 brought us to play Cross Country... Lisa Carlisle took first place with a 30, Barb Brown took 2nd place with a 31, Marge Simpson took 3rd with a 32, and Sandy Gilderoy took 4th with a 34.

Beat the Pro was played on April 24 and an amazing thing happened...everyone who played beat the pro as he had a bad day so there were 11 winners: McDonald (75), Ciampa (72), Gilderoy (79), Lafayette (90), Hale (80), Hedstrom (72), Wetzell (76), Forthun(76), Schroeder (70), Egenberger (81), and Mollineaux (79)!

End Cut was the game on April 26. In Flight 3 the winner was Catherine Forthun with a 32!!! Dolores Wolfe shot a 36 for 2nd. In Flight 2 the winner was Marsha Lafayette with a 39, and Sue Hale came in 2nd in a scorecard playoff with Nancy Peterson as they both shot a 40. In Flight 1 Lisa Carlisle was the winner with a 36, and Sandy Gilderoy came in second winning in a scorecard playoff with Jan Dietrich and both scoring a 38.

Quail was the name of the game on May 1... Flight 1 winner was Sandy Gilderoy with a 71 followed by Mel Barnett with a 72. Flight 2 winner was Ronnie Wetzell shooting a 75. Catherine Forthun took 2nd with a score of 77.

Quail Winner was Sandy Gilderoy!!!!

May 3 brought us out to play Better Nine. In Flight 2 the winner was Jean Merton with a 34. 2nd place had a three way tie by Catherine Forthun, Joann Schroeder, and Char Millineaux all shooting a 35. In Flight 1 a similar result happened! Mel Barnett took 1st with a score of 34. Four ladies tied for 2nd place with a score of 37: Melanie Bridges, Sandy Gilderoy, Jan Dietrich, and Roxie Schmit.

Criss Cross was the challenge for May 8 and Flight 1 had a tie for 1st by Mel Barnett and Melanie Bridges, both scoring a 32. In Flight 2 there was a 3 way tie for 1st! Shooting a 33 were Marge Simpson, Sandy Gilderoy and Roxie Schmit. In Flight 3 there was a tie for 1st as well!!! Catherine Forthun and Char Mollineaux both shot a 32 for the win.

Criers was played on May 10 and in Flight 1 Sandy Mitchell came in 1st with a 69. 2nd went to Bobbi McDonald with a 71 followed by Lisa Carlisle in 3rd for the scorecard playoff since she also shot a 71. In Flight 2, Nancy Peterson took 1st with a 66! 2nd went to Jane Neville with a 69 and also in a scorecard playoff against Sue Hale and Jean Merton, Nora Barlow took 3rd with a 71. In Flight 3 Joann Schroeder took 1st with a 68, Nita Carnine took 2nd in a scorecard playoff with 3rd Catherine Forthun, both shooting a 69.

I sure hope you are abundantly pleased with your growth and/or accomplishments during the beautiful month of June!
Perry Hedstrom ;-)

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Four Person, Two Best Ball - Net to Par - April 18

- 1st Place:** Chuck Martin, Clifford J. Bush,
James Burton, Robert Fish -21
- 2nd Place:** Bruce Ortiz, Bob Chinberg,
William Bordner, Max Bishop -20

Two Man Chapman - April 25

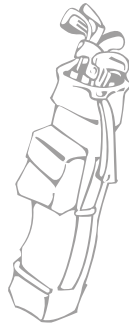
- Flight 1:** 1st Place Randy Haynes
Darrell King 70
- 2nd Place William Bordner
Doug Schmit 70

- Flight 2:** 1st Place: Bob Wetzel
+ Donald Brehm 66
- 2nd Place: Chuck Martin
+ Bill Oldfather 67

May 2, 2018 – cancelled due to weather

Low Net Lone Ranger Team vs Field
May 9 (foursome)

- 1st Place Team**
Fish/Bush/Klise/Pasek -15
- 2nd Place Team**
Schroeder/Ortiz/Van Tuyl/ Stacey -9



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Dog of the Month

Petey is a year old bundle of energy & joy. He is a fun-loving, inquisitive hound that loves people and other dogs. He has not been around children, but we think he would be a great family dog. He can be a little dominate with males, so female dogs are his best bet. He is located in the Prescott, AZ area.



Petey is neutered, up-to-date on shots and micro-chipped. He is already house trained and crate trained. He has been easily trained on the use of a doggie door.

Petey is young and can be developed into a type of adult to be proud of. He requires training, some discipline and lots of exercise. He is very energetic so daily walks and a good size fenced yard to play in are both highly recommended. He would also benefit from an obedience class for him and his family.

Most dog owners understand the negatives of a puppy – chewing on things, getting into things etc. The positive side of a youthful dog like Petey is that he is very trusting, loving and eager to learn. He is very smart and picks up what you are trying to teach him very quickly. He loves nothing more than to cuddle with you in the evening.

If you are interested in this wonderful vivacious boy, please contact Ella at 928-771-2862 or ellas.beagles@gmail.com United Animal Friends

Cat of the Month


BART is a 5-year-old, handsome, black and white Tuxedo male with a beautiful long coat. He is very affectionate and a mellow fellow. When you pick him up, he melts in your arms. With a supervised introduction, he should do well with other animals.



Bart tested negative to disease, he has been neutered, his shots are current and he is litter box trained.

If you can give this sweet boy a good, loving, INDOOR, FOREVER home, he will give you all the unconditional love he has to give and he will PURR YOU A LOVE SONG.

To meet/adopt Bart, please contact United Animal Friends, Suzy, 928-848-6191 or email her at suzytaazman@gmail.com

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LAW INCIDENT REPORT

Yavapai County Sheriff's Office PCC Monthly Area Incident Report

Any request for detailed reports of any incident must be made through the Yavapai County Sheriff's Office, Records Section at: www.ycsoaz.gov/forms.

For information about crime in your neighborhood go to: www.crimemapping.com. Crime reports are generally posted to this site within 48 hours of the completed report.

PLEASE NOTE: Governor Ducey signed into law HB 2383 which prohibits the publication of addresses in crime reporting to the public. Please be advised that the May statistics may be delayed while reformatting our program to meet the requirements of the new law. Yavapai County Sheriff's Office Report for Prescott Country Club area.

To report animal problems, call Animal Control, Sheriff's Office.

APRIL 1, 2018

	Occurred On	Report #	City
Agency Assist Alarm	04/25/18	18-014874	PCC
	04/16/18	18-013596	PCC
	04/18/18	18-013996	PCC
Animal Problem	04/28/18	18-015304	PCC
	04/08/18	18-012659	PCC
Citizen Dispute	04/14/18	18-013378	PCC
	04/06/18	18-012365	PCC
Civil Misc	04/30/18	18-015514	PCC
	04/02/18	18-011802	PCC
Civil Process	04/13/18	18-013245	PCC
Civil Standby	04/19/18	18-014056	PCC
Family Fight	04/23/18	18-014616	PCC
	04/29/18	18-015378	PCC
Fraud	04/16/18	18-013648	PCC
HR Accident	04/27/18	18-015128	PCC
Medical	04/23/18	18-014676	PCC
Noise Disturb	04/23/18	18-014619	PCC
Overdose	04/16/18	18-013678	PCC
PD Accident	04/06/18	18-012293	PCC
Suspicious	04/14/18	18-013322	PCC
Threatening	04/11/18	18-012973	PCC
Traffic Hazard	04/13/18	18-013227	PCC
Traffic Offense	04/03/18	18-011935	PCC
Wanted Person	04/24/18	18-014693	PCC
Welfare Check	04/03/18	18-011965	PCC
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See photos on Craig's List under furniture, May 13 "Bar chairs (2)".

Buffet, rustic/primitive. Purchased in Santa Fe. Dimensions: 50" W X 25 1/2" D X 38" H. Asking \$300. 227-1262.
See photos on Craig's List under furniture, May 13, "Buffet, rustic/primitive".

"Thinking of downsizing, but want to stay in PCC?"
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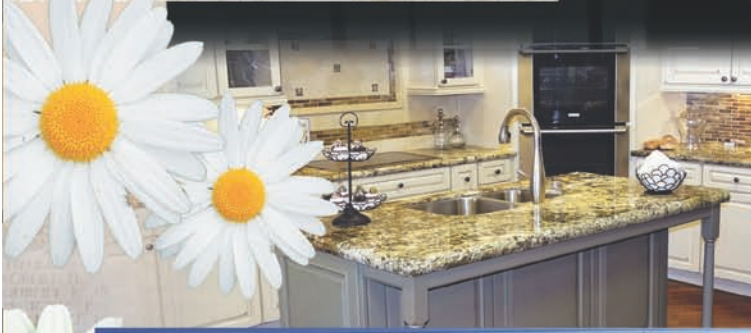
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