

PRESCOTT COUNTRY CLUB

news monthly magazine

Publishing the Image of Prescott Country Club Since 1994 • PCC NEWS - 772-0849 • POA - 772-6118 • April 2019



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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

SPRING COMMUNITY GARAGE SALE

The Community Garage sale will take place on Friday and Saturday, May 3 & 4. Hours will be from 8 am to ??? (Your choice)

Get ready to turn your trash into cash! If you want your address added to the list attached to the community map, please call me at 928-772-6118 with your information. The cutoff date for additions to the list will be Wednesday, May 1 at noon. We will advertise the sale in the local newspapers and on Craigslist. Please be sure to remove your garage sale signs after the sale.

Marge Huffman, Office Manager

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Local Events & Activities

IONS meets at the PCC POA Office meeting room on Tues., April 30 from 6 to 7:30 pm. This month's subject is "Two Truths: An Uplifting Look at One of Buddhism's Most Essential Concepts" with Will Duncan. We welcome all to join us for discussion on intriguing topics which expand our understanding of the world in which we live. No charge. All are welcome.

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.

COME ONE! COME ALL!

Join us for the Bob Mariano Memorial Golf Classic benefiting the Marley House Endowment Fund.

Tuesday, April 16th at Capital Canyon Club

Go to: www.good-same.com/marleygolf for details and to enter. Or call Gretchen at 928-460-9678.

DO YOU LIKE EXERCISING TO PEPPY MUSIC?

If you do, come exercise with us Tuesday and/or Thursday mornings in the POA meeting room 9:30--10:30. We "groove" to the video exercises of Richard Simmons' Sweatin' to the Oldies and Jane Fonda's Firm and Burn. We don't sweat or jump but have fun and keep moving for a light aerobic workout. Just bring a towel or mat for floor exercises, weights for arm exercises, water (yes, we do have water breaks) and a fun attitude. No cost and no pressure if your cha-cha step is just a cha! You can check out what these exercises look on a Google search but it's more fun to do them with a group of same age neighbors (60's +). For more info, call Susan, 772-4425 or just drop in for a try!

DEWEY-HUMBOLDT HISTORICAL SOCIETY

presents

Kevin Leonard Memorial Old Fashioned Miners Picnic

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Saturday, May 4 - 8:00am - 3:00pm

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Raffle - Win a Gold Nugget

Picnic Tickets \$15 each, Kids under 12 free

Contact 928-499-9972 or events@dhhsmuseum.org

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

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

EVENTS AT THE PV LIBRARY – 7401 SKOOG BLVD, PV

J. A. Jance Author Talk & Book Signing

Join us for her latest Ali Reynolds novel “The A List.”
 Sunday, April 7, 2019 3-5pm, Library Auditorium
 Questions? Call 928-759-3040

AZ Speaks – Ancient Southwestern Native American Pottery

In this presentation, Mr. Dart shows and discusses Native American ceramic styles that characterized specific peoples and eras in the U.S. Southwest prior to about 1450, and talks about how archaeologists use pottery for dating archaeological sites and interpreting ancient lifeways. He discusses the importance of context in archaeology, such as how things people make change in style over time and how different styles are useful in identifying different cultures and dating archaeological sites. His many illustrations include examples of ancient pottery types made throughout the American Southwest from about 2,000 to 500 years ago.

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975. He is a state cultural resource specialist/archaeologist for the USDA Natural Resources Conservation Service and volunteer director of Tucson’s Old Pueblo Archaeology Center nonprofit organization.

This is a free event. Registration is not required, but space is limited.
 Thursday – April 11, 2019, 6:00 pm – 7:00 pm
 Crystal Room, Question – Please Call 928-759-3040

Monday Night Movie: Green Book (PG-13)

Join the Prescott Valley Public Library (7401 E Skoog Blvd.) on April 15th from 5:00-7:00PM for Monday Night Movies. This month we are showing “Green Book” starring Viggo Mortensen, Mahershala Ali and Linda

Cardellini. A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960’s American South.

Please note new start time is 5:00pm not 5:30pm.

This is a FREE event and no registration is required. For more information call 928-759-3040

Coping Skills, Addiction Workshop Series “Boundaries”

The second in the three part series is ‘Boundaries’; this program is specifically designed for parents and spouses of addicted loved ones. It will focus on learning coping skills to effectively manage stressful relationships.

This workshop ‘Boundaries’ will cover:

1. Define what it means to rescue your loved one.
2. Examine the dynamics of enabling behaviors.
3. Learn how to detach and set healthy boundaries.

Renee Podraza is a therapist in private practice. She is a Licensed Professional Counselor and a Licensed Independent Substance Abuse Counselor. Space is limited. Registration required at pvlib.net, Attend, Classes.

Saturday, April 6 2019, 12:00 pm to 2:00 pm

Genealogy Room, More information - 928.759.3040

April Oasis Computer Classes

Windows 10 & Windows Performance & Maintenance (4 wk class)

Fridays, 4/5, 4/12, 4/19 & 4/26, 1-3pm, PC Lab

This course covers the basics of setting up Windows 10 securely and getting the most out of the most common features.

Facebook (5 week class)

Mondays, 4/1, 4/8, 4/15, 4/22 & 4/29, 5:30-7pm, PC Lab

Facebook is the most popular social networking website in the world, with over 1 billion active users. You will learn all about Facebook, become a member of this free website and post messages and photos online. Learn how to customize your Facebook profile, create important Life Event posts, work with the Facebook photo albums, chat, groups, and more. If you are already a member of Facebook, be sure to bring your Facebook login information to class. This course covers Facebook on desktop and laptop PCs, not mobile devices.

iPad iOS 12 (6 week class)

Thursdays, 4/4, 4/11, 4/18, 4/25, 5/2 & 5/9, 10am-12pm, PC Lab

iOS 12 is here with new features and improved performance. This course will introduce you to all the basic apps including changes to the Control Center, Bedtime, Books, News, Maps, TV, Do Not Disturb and more.

Smartphone Photography & Google Photos (5 week class)

Tuesdays, 4/2, 4/9, 4/16, 4/23 & 4/30, 12-2pm, PC Lab

Smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. If you want to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography.

The last two weeks of class we will be working with Google Photos: Your Guide to Storing, Editing, and Sharing with Google Photos. Google Photos offers free, unlimited backup of your mobile phone’s pictures! It’s automatic and comes with a host of features too. Google Photos’ Assistant will even create collages, animations, and albums you will enjoy. And that’s only the beginning. This class is a great introduction to these features and will teach you how to install and use the app on your mobile device as well as on your desktop or laptop.

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PCC POA BOARD MEETING MINUTES

Prescott Country Club Property Owners Association
Board of Directors Meeting
March 19, 2019 www.pccpoa.com

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

NEXT MEETINGS/EVENTS:

Next Board of Directors Meeting: April 16
Community Garage Sale: May 4 & 5
Next General Membership Meeting: May 14

DATE & TIME:

Pursuant to Section 7.0 of the POA Bylaws, a Regular Board of Directors Meeting was held on February 19, 2019 at 6:00 PM at the Property Owners Association Activity Center.

OFFICERS AND QUORUM:

The President, Bob Heise, opened the meeting at 6:02 PM and Jennifer Lynch, took Minutes. The following additional Board Members were present: Al Zielinski, Gracelyn Palmer, Don McGlamery, Donna Chisum, Bill Fleming, and Pauline Roll (elected during meeting). Ken Jeffries was not present.

MINUTES:

Jennifer Lynch made a motion to accept the January 15, 2019 minutes without reading. The motion was seconded by Al Zielinski and passed unanimously.

TREASURER'S REPORT:

Donna Chisum gave the 2018 Annual Treasurer's report. Followed by the Monthly Budget Report. Donna is looking into finding a new institution for the CD with better interest rates.

OFFICE MANAGER'S REPORT:

Don McGlamery- No report.

COMMITTEE REPORTS:

Architectural: Gracelyn Palmer – Grace reported that 3 permits were issued since the beginning of the year. One fence, one greenhouse and one shed. A letter was sent regarding a fence violation to the newly annexed church property owner.

On March 14, Jennifer Lynch and Al Zielinski attended the Prescott Valley Town Council meeting to speak on behalf of the residents of the Country Club. The council approved the annexation and they were permitted to speak during the public comments section at the end of the meeting. They informed the council that there are some concerns regarding the proposed childcare facility, and they would be bringing them forward at the rezoning hearing. Two other PCC residents were in attendance and spoke as well.

Budget & Finance: Donna Chisum – Donna reported that the 2018 Accountants review is now available. Donna told the Board that Marge has been a big help and very supportive in helping her during tax time and it is very much appreciated.

Building & Grounds: Don McGlamery – Yavapai Heating and Cooling came to fix the HVAC system since the heat stopped working on January 22. They noted that rats got in under the unit and ate the wires and caused other damage. Also, a new thermostat was needed since the old one burnt out. The bill was \$650.85 to repair the system. There was no phone service the Monday after the storm and CenturyLink came out on Tuesday and replaced the modem. Balta came on Tuesday after the snow to clear the parking lot of the snow and ice.

The light cover fell off a light fixture in the office and I purchased a new light fixture since it was cheaper than ordering a new cover. I would like to thank Al for installing the new light fixture and changing the air filters in the library and activity room.

On March 19, 2019 a vehicle drove into the parking lot hitting two vehicles, the donation box, flagpole, and the building when the donation box was pushed into it, bringing the total vehicles damaged to three, which included the vehicle responsible for the damages. Don has already contacted the insurance company and is now waiting on adjusters to come look at the damage to the building.

CC&Rs Enforcement: Bill Fleming – A resident called reporting unsightly boxes in another yard. That resident was contacted, and the boxes were subsequently moved and stored properly.

Community Enhancement: Al Zielinski / Jennifer Lynch – On Jan 18, a meeting was attended with Balta Landscape services to review contract. Al & Jennifer have discussed updates needed to the entrance and small flagstone at the end of the boulevard.

Balta removed all the broken branches from the front entrance and median after the snow storm.

Community Relations: Jennifer Lynch – Jennifer stated Marci Golden from Golden Insurance will be the May 14 (TUESDAY) General Membership Meeting as the guest speaker and she will talk about Medicare options.

Jennifer requested permission to utilize the NextDoor app to be able to communicate with the residents. It was approved provided all communication solely be directed to Jennifer Lynch.

Events & Recreation: Jennifer Lynch contacted Donna Chisum for contact information to plan another casino trip to Cliff Castle.

Health & Safety: Al Zielinski – Al reported that the speed sign donation, maintenance, and operations were approved by Yavapai County. The sign has been collecting data that Al will be monitoring and sharing with the board as received.

On March 5, a resident contacted Al to report concern over safety as vehicles exit Maverik gas station. Al conducted some research and met with management at Maverik to resolve concerns. Maverik will be painting a stop stripe with the word "STOP" in the next few weeks.

Nominating Committee: Gracelyn Palmer - No report.

UNFINISHED BUSINESS

None

NEW BUSINESS:

Accept February 19 Poll of the Board for purpose of accepting Brian Biggs (moved to Prescott) resignation as Secretary (Pursuant to By-Laws) Don McGlamery made a motion to accept Brian Biggs resignation as Board Secretary since he and Nancy moved to Prescott. The Motion was seconded by Bill Fleming and passed unanimously.

Accept February 19 Poll of the Board for purpose of accepting Jennifer Lynch resignation as Director and filling the position of Board Secretary (Pursuant to By-Laws): Bob Heise noted that as per the By-Laws Section 8.0 paragraph 8.3 the open Board Secretary position is available to be filled by any Board Director prior to being offered to the general membership. Don McGlamery made a motion to accept Jennifer Lynch as the Board Secretary and to accept Jennifer's resignation as a Director. The motion was seconded by Bill Fleming and passed unanimously.

Discussion and Possible Action: Fill vacant Director position: Bob Heise noted that the vacant director position was advertised in the February newsletter and asked if anyone in the audience would like to fill the position. Pauline Roll submitted her bio and Don McGlamery made a motion to accept Pauline as a Director. The motion was seconded by Bill Fleming and passed unanimously.

Accept Poll of Board taken on Friday March 8: Don McGlamery made a motion to accept the Board Poll for the purpose of appointing Al Zielinski to attend the Prescott Valley Town Council meeting on Thursday, 3/14 to represent the requests of the POA concerning the annexation and rezoning of the Faith Community Church by Tim Hendrickson, TDH Investments. The motion was seconded by Bill Fleming and passed unanimously. Bill Fleming made a motion to include Jennifer Lynch & Gracelyn Palmer to attend any future meetings with Al Zielinski relating to the rezoning & annexation. The motion was seconded by Don McGlamery, and unanimously passed.

Resurface Parking Lot: Don McGlamery reported that the POA parking lot needs to be resealed in the near future. He made a motion that he get several bids with a max budget of \$2500.00 out of the reserve fund. The motion was seconded by Bill Fleming, and unanimously passed.

ADJOURNMENT

A Taste of Wine



Fun Facts About Wine...

I was researching on the internet for this month's article and kept coming across interesting wine facts. I hope you enjoy these.

1. Wine is made in virtually every country in the world.
2. Due to a natural chemical balance, grapes ferment without the addition of sugars, acids, enzymes, water, or other nutrients.
3. In Vietnam, if you are in the know and ask your waiter for a glass of cobra wine. They will serve you rice-wine covered with snake blood that is killed on the spot.
4. Wine 'tastings' are somewhat inaccurately named – top sommeliers agree that smell is by far the most important sense when it comes to drinking wine.
5. Bubbles in wine have been observed since ancient Greece and were attributed to the phases of the moon or to evil spirits.
6. The average age of a French oak tree harvested for use in creating wine barrels is 170 years.
7. The primary fruit crop in Napa Valley during the 1940's was Prunes – Not grapes.
8. 10,000 varieties of wine grapes exist worldwide.

9. 400 different oak species are available to source wood for wine barrels.
10. President Lincoln held an actual liquor license back in his days in Salem, Illinois. For a modest \$7 dollars, in 1833, he and his partner William F. Berry got a tavern license that permitted them to sell a "1/2 pint of wine or French brandy for \$.25
11. European wines are named after their geographic locations while non-European wines are named after different grape varieties.
12. Ancient Romans believed that seasoning was more important than the main flavor of wine. They often added fermented fish sauce, garlic, lead and absinthe.
13. A crop of newly-planted wines takes about four to five years to grow before it can be harvested.
14. Most wine glasses are specifically shaped to accentuate those defining characteristics, directing wine to key areas of the tongue and nose, where they can be fully enjoyed.
15. All wine is stored at the same temperature, regardless of its color. But reds and whites are consumed at completely different temperatures.
16. One grape vine produces 10 bottles.
17. One acre can contain 400 vines, resulting in five tons of grapes.

Happy tasting!

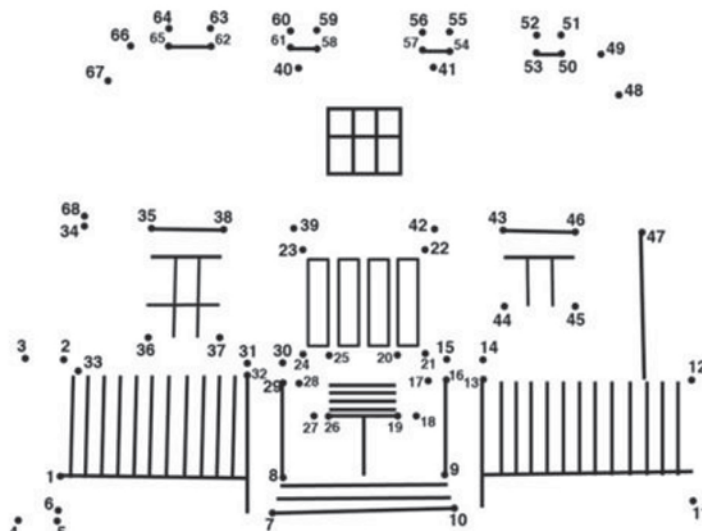
– Nancy Biggs, *Wine Aficionada*



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HUZZAH!!! 19th Century Baseball Team! Part 2

In last month's article we discussed the modern-day Champions Ball Club of Prescott. Let's take a look at the original club of the 1870s.

By 1876 a base ball club had been put together and was known as the Champions. Among the members were a mining engineer, a baker, a painter and tinner, as well as a Mr. Sivyer whose occupation was unknown. Apparently these guys were part of a pretty good team! So good in fact that on May 21, 1876, as reported in the Arizona Weekly Miner, there was "a match game of base ball, for the Championship of the Territory, between the Champion Base Ball Club of Prescott, and the Whipple Base Ball Club of Ft. Whipple (current site of the VA) at 2 o'clock on the Plaza".

As was often the case back then games tended to be high scoring

affairs, due in part to gloves not yet being fixtures of the game. While both teams scored often early on in the game, the Whipples took a fairly commanding lead after five innings, 18-8. The club maintained control, and ended up soundly defeating the Champions 47-21. For their efforts the Whipple Club received a "fine Regulation Dead Base Ball...and the Championship of the Territory" (Weekly Miner, May 26, 1876).

According to John Darrin Tenney in his book, "Baseball in Territorial Arizona", this game marked the start of competition between towns as well as soldiers stationed at nearby camps/forts. Base ball was spreading all across the Territories!!! It should be noted that the Territorial Championship would not be contested for another eleven years!!!

Please contact me if you'd like to talk a little more baseball, check out some memorabilia, or simply discuss a little history.

– Mike "Ace" Adrian

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Seniors and Medical Cannabis

Question: Should Seniors Use Medical Cannabis?

Answer: The fastest growing population of marijuana users in America is the elderly. The senior population in Arizona consists of 1/3 of the 150,000 registered medical cannabis patients.

Scientists and health professionals who study cannabis believe cannabis treats just under 700 symptoms and conditions. U.S. statistics: 57 people a day over age 65 die from prescription and OTC drug over dose and drug interaction: 25% fewer deaths from prescribed drugs occur in states that have medical cannabis laws. There are no reported deaths from cannabis use: over dose or drug interaction. Cannabis is incapable of shutting down your heart or brain. There are no reports of cannabis causing organ failure and a great deal of science stating it heals organs.

Cannabis helps with some typical problems of aging like no other medication. It does so safely with fewer side effects than most pharmaceutical drugs. Medical marijuana allows pain patients to use fewer narcotics, opiates, and over the counter, pain medications.

Cannabis lifts the mood, it is known to produce anti-anxiety and anti-depressant properties. A much safer option to mental health medication or alcohol. Users report better mental function with clear thoughts and ability to stay on task longer. Marijuana helps seniors maintain a healthy weight, heal bed sores and skin problems, better bladder control, improved balance,

fewer tremors and muscle spasms. Cannabis treats digestive disorders, eye disorders, a natural anti-fungal, bacterial, and treats viruses effectively.

In my personal experience cannabis is a blessing to the aging body and does not require smoking it.

What I see among our senior medical marijuana patients is: better quality of day, fewer medical visits, reduced and eliminated prescription and OTC drugs, and increased longevity.

– MA, Cannabis Consultant @ MJ Consulting LLC

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!

Black Holes – Are like the junk drawer in our kitchen – once it goes in, it never comes out. Unlike the kitchen drawer which relies on the principle of inescapable clutter, the Black Hole relies on the principle of inescapable gravity. As mass increases on a planet or sun, its gravity increases, which causes items on its surface to weigh more. For example, on the Earth I weigh about 165 pounds. On the more massive Jupiter, I would weigh about 390 pounds. On the Moon, only 27 pounds. On the Sun, 4,467 pounds. On a Neutron star, which is about twice the mass of the Sun, I would weigh 23 trillion pounds! The smallest black holes are about three times the mass of the Sun and the largest are more than 15 billion times the mass of the Sun. So how much would I weigh on a Black Hole? I don't know. The value is immeasurable, because a Black Hole has no surface to stand on. At the center of a Black Hole is a singularity of infinitely warped space-time. The surface that we can measure is called the Event Horizon. This is

the location where space-time is warped enough that nothing, not even light, can escape. The diameter of the Event Horizon of the smallest Black Holes is 2.5 miles. Imagine fitting 3 Suns in a sphere 2.5 miles wide! That's a lot of gravity. It makes me think that my junk drawer is nowhere near full.

The Snakes Come Out – As the weather warms in April, the local snakes start coming out to enjoy the heat after their long winter's nap. Keep an eye out on the trails if you go hiking. While you may not see the elusive snake on the trails, you can certainly see it in the sky this month. Look up to the south for the constellation Hydra, which means female snake. (There is also a male snake constellation named Hydrus in the southern hemisphere.) Hydra is the largest of the constellations, spanning 100 degrees. There are not many bright stars in Hydra, but the constellation can be readily identified by a long string of stars with a trapezoidal head looking off to the right (west). If you envision a snake in the sky, Hydra certainly looks the part. Inside the constellation limits, there are several globular clusters, which are groupings of stars. There are also several galaxies, including the Southern Pinwheel Galaxy just south of Hydra's tail, which is one of the closest barred spiral galaxies.

– **Brian Biggs,**
Amateur Astronomer

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PV Chamber Report

As I look forward to April I see a calendar that is not jam packed with events. But that does not mean we are just sitting around. I find that April is our planning month; looking forward to our late spring and summer activities and getting details set and marketing them. We are knee deep in planning our annual Team Up to Clean Up May 4 and of course our signature 41st Prescott Valley Days May 9-12. In addition to the logistical aspects of each event there is entertainment to contract, partners to coordinate and stories and ads to be written. And there are deadlines for all! So let the warm weather begin as we are “springing” into action!

Congratulations to our Business Academy Class XIII graduates! They successfully completed 8 weeks of our business education program and are now on their way to increased business success. And thank you to our presenters. Each year we are so fortunate to have experts in every topic present to the class keeping it very polished and professional. Cheers to Jodi Rooney, Ted Ferris, Yavapai Landscaping; Dr. Rebecca Bushman, Healthsong Direct Primary Care, Stacy Tillotson, Industrial Strength Fitness; David Dreves, Red Dog Publishing; Liz Kennedy, St. Luke’s Episcopal Church; Kevin Rusco, Seeing Hands Massage, LLC; Candace Stevens, The Event Spot.

Volunteer Opportunity: The Chamber is looking for volunteers to staff the Visitor Center. This is a fun job where



The 2019 Graduating Class of the PVCC Business Academy.

you get to meet people, assist with light clerical, answer phones and help and support our visitors. Shifts are 4 ½ hours morning or afternoon, Monday-Friday. Contact Marnie for more information at 772-8857.

Welcome to our newest members: Integrity Pain and Wellness, Pruitt’s Plumbing, Prescott Vibes Event Center, Leighnor Aircraft and Shepard-Wesnitzer, Inc.

– *Marnie Uhl, IOM, ACE*
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A new on-line resource has been launched for people living with age-related macular degeneration. The new site is specifically designed for the visually impaired with an increased font size and distinctive color contrast between different elements within the site, helping the approximately 16 million patients in the USA with AMD.

AMD is a progressive eye condition that impacts central vision and is the leading cause of vision loss in adults aged 50 and older. Symptoms associated with AMD may impair an individual's ability to conduct daily tasks such as driving, reading, computer and television use, and recognizing the faces of loved ones.

By having access to personalized tips and tools, patients will be able to take charge of their condition through a singular resource that is clear, concise and offers actionable content as opposed to the often dense and overwhelming information currently available.

Patients also will have an opportunity to join a supportive online community of others living with AMD. Patients can receive a personalized plan to understand the changes needed in their daily lives and how to check for signs and symptoms of AMD to help reduce their risk of progression of the disease.

We continue to stress the importance of yearly exams. Early stage AMD often does not present any symptoms or changes in vision, thus the critical need to check now versus later to catch AMD early.

Although there is no cure for AMD, there are steps patients can take as part of a plan created with their doctor to help reduce the risk of progression. These steps include stopping smoking, exercising regularly, maintaining a healthy diet, and taking specific eye nutrient supplements.

SightMatters.com is produced by Bausch and Lomb in conjunction with Prevent Blindness.

Info provided by Antone Optical



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Jewelry Reflections



Don't Be Fooled

Practical jokes abound on April 1st. Being surprised by a spider is one thing. However, being surprised by an ersatz gem is another.

When they come out of the ground gemstones very seldom look like they do in a finished piece of jewelry. At the very least they are cut and polished. The majority, however, are enhanced in some way to bring out their beauty, deepen their color, or make them look like another, usually more expensive or in-demand stone. These enhancements aren't a bad thing if you know about them.

Heat treatment has been around for centuries; since someone discovered applying high heat to a bland gem turned it into a fantastic gem. For example, heat changes the color of pale amethyst to yellow which can then be sold as citrine. Heating aquamarine removes the green undertones, producing a bluer more deeply colored stone.

Many gemstones, such as lapis, serpentine, coral and pearls are dyed either to improve their color or create unique colors not found in nature. Stones may also be dyed so they look like other more expensive gemstones. A good example is dying magnesite blue/green, which gives you the look of turquoise at a much lower price. There is nothing wrong with dying gemstones, if you are aware of it.

Another way of changing a gemstone's color is by treating

it with radiation (irradiation). Most blue topaz has been irradiated. Smoky quartz is irradiated to create its color. There are government standards in place to ensure there is little residual radiation before the stones are sold.

Porous stones such as turquoise, emerald and coral are routinely oiled or waxed to improve their color, luster and clarity.

Without treatment, only the best natural gems and gemstones would be mined and sold. These natural stones would be rare and very expensive.

Keep from being fooled. By jewelry from sources you trust and don't be afraid to ask if the stones have been enhanced. If the price seems to good to be true; it probably is.

– Lynn Schmitt, Lynn@SlinkyLynnChic.com



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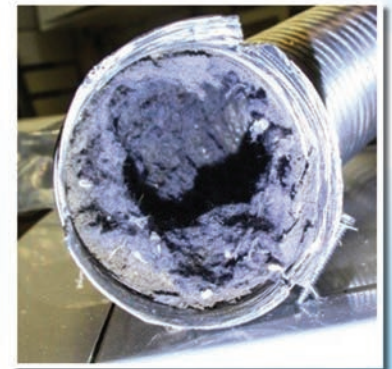


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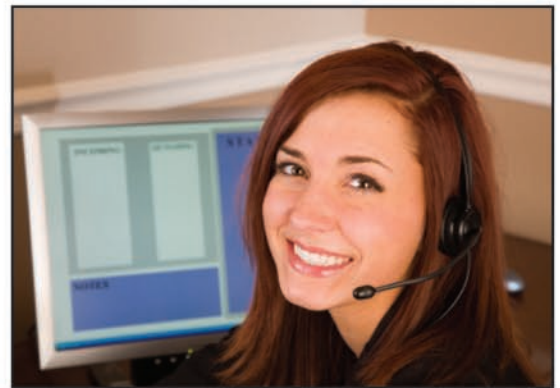
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The Herbalist - Spring Tonics

I was asked once what would be a good herb for someone/everyone to take that would make them healthier. This is a trick question you see. Everyone has individual needs, body compositions and energetics. It's like asking a group of people what the best temperature is to set the thermostat. You will get almost as many responses as there are people in the room.

Very few things are good for everyone and many can aggravate at least half the people.

As an herbalist, I take into consideration the needs of each person I meet. Do they run hot or cold, dry or damp? Speaking as a generalist, I can make a few recommendations. After all, if someone wants to use herbs as part of their health regimen, who am I to dissuade them?

Spring is traditionally the time when people make their way back into the sunlight and begin to be more active. For many of us growing up when the only fruits and veggies we had available in the winter was mostly what was seasonally available. Spring is when greens became more plentiful and we have more than citrus and bananas for fruit. Humans long for nutrients in the spring and once knew what to look for in the wild. We don't have to forage for our food these days, unless we want to of course, and simple remedies are found in our health and grocery stores. So, I'll present two herbs for your Spring pleasure for two energy types.

For those of you who are usually hot and dry and the thermostat rarely goes over 70 during the winter, I recommend Milky Oat tops. These sweet smelling pods are juicy and sweet. They cool down the body, calm nerves, help sleep and act as a demulcent (moisturizing the inside of the body). The pods themselves, when fresh, make a lovely cup of tea or boost nutrition when making soup. You can find tinctures and other Milky Oat supplements in the health food store if fresh is difficult to find. These precious jewels do not interact with any medications and are safe for everyone and work well when taken in quantity.

For those of you who run cool and damp, I recommend Stinging Nettles. While they are precocious in nature, they are tamed by heat and chopping. Again, I don't know many people

who have the opportunity to collect fresh nettles so, one of our local herb shops can provide you with the dried version and I recommend you buy enough to make teas and add to your soups.

This plant will tone your veins, muscles and respiratory system, helping to drain excess fluids and be a benefit to your kidneys. Nettles is also loaded with nutritive value and important in blood building.

Can you use both? Absolutely, just be aware of how your body feels after using each of the herbs separately. Feeling a bit overwhelmed and frantic? Enjoy those oats. Feeling sluggish and cool? Have a cup of nettle tea. Also, spending time outside is a valuable health practice. Move your body, smile into the sun, say hi to your neighbors, take longer walks with your dog. Enjoy.

– Sue Ehlbeck MC,
Clinical Herbalist at Ladyslipper Herbs
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UPCOMING EVENTS

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Thurs, Nov 21, 2019 • Prescott area
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Myths of Self Defense Part II

Last month, we looked at three myths of self defense: you need to spend massive amounts of time training in a martial art to be adequately prepared, the mindset that “it will never happen to me,” and finally, if I treat people with respect and kindness, I will avoid violent attack.

This month I would like to continue the series with two more popular myths:

Myth #1: I have pepper spray in my purse, car, etc.; I am prepared. Did you know that part of police officers’ training involves being sprayed directly in the face with pepper spray, and continuing to do what needs to be done? What if you cannot reach it in your purse, or pocket or wherever

it is? Are you placing your confidence in something that cannot STOP someone? More effective would be to learn simple techniques that can quickly stop your attacker.

Myth #2: Ladies, you may believe that your husband will protect you. The truth is: your husband is not always with you. What if you are confronted with a situation where you are alone, either out in public, or in the home? You can learn simple effective techniques that will give you a greater chance of surviving a violent attack, no matter what your age, or physical fitness level. Even better, consider taking a class WITH your husband. Both of you can learn ways to help secure your home, develop an appropriate and realistic mental attitude and increase your self confidence. Do it together!

Self defense training is for everyone because violent attacks can happen to anyone. Real World Self Defense holds monthly workshops to help you learn a new perspective and to train you in simple effective techniques that you could use, if necessary, that very day. Remember: self defense training is for everyone!

– Mark Bryans
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PCC Women's Golf News



Oh, Spring,
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and warm, gentle breezes to
Shine on our games and hug us.

Weather cooperation has been minimal for our Tuesday and Thursday romp around the club grounds, but we still have positive thoughts for a busy April because we are a hopeful crew! We have missed many days, but here's what we did accomplish.

Quail on 3/5 was won by Nancy Brown, so she is our February Quail winner!! In Flight 1 Mel Barnett took 1st with



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a 73 and Nancy Brown took 2nd with a 73 as well!!! In Flight 2 Sandy Mitchell took 1st with a 75 and Catherine Forthun took 2nd with a 78!

Roadrunner for February was made up on 3/7 and our winner was Lisa Carlisle! In Flight 1 Lisa Carlisle took 1st with a 93 followed by Mel Barnett in 2nd with a 96. In Flight 2 Marge Simpson took 1st with a 100 followed by Nora Barlow in 2nd with a 102. In Flight 3 Ronnie Wetzel took 1st with a 110 followed by Catherine Forthun taking 2nd with a 115.

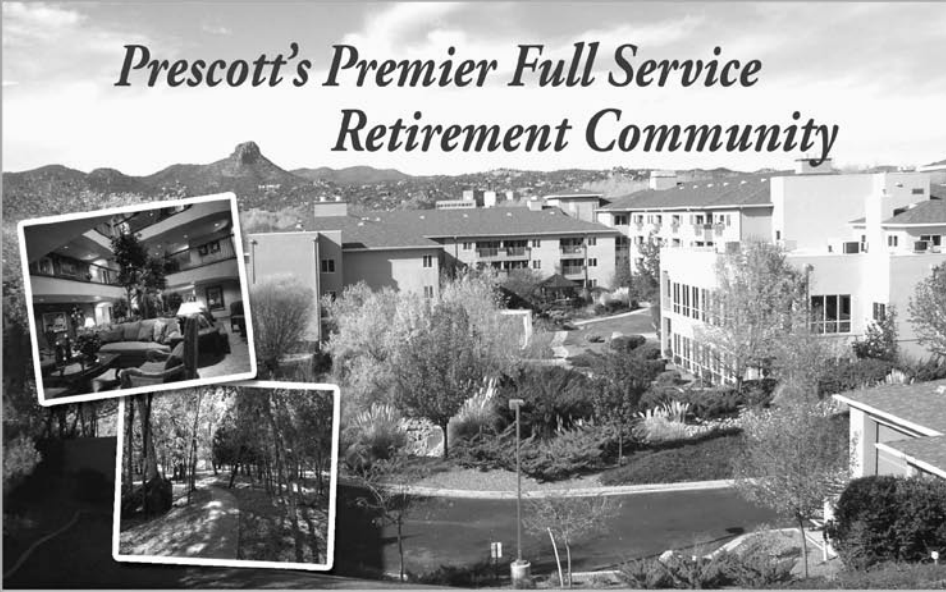
Although it was damp, damp, damp on 3/12... Well, never mind, we did not play!

3/14 was nippy and in the 30's, but Roadrunner was played by our hearty golfers, and our March Roadrunner winner was Marge Simpson! In Flight 1 our winner was Lisa Carlisle with a 100. Bobbi McDonald also shot a 100. Marge shot a 102. In Flight 2 our winner was Marsha Lafayette with a 106.





Now, Ms. Spring,
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;-) Perette

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Men's Golf at PCC



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January-February 2019

Due to the mini-ice age the past month,
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“Ind. Net Stableford” March 6, 2019



Stableford Player v. Flight

Flight 1	1. Jack Sands	21
	2. Charles Chinberg	20
	3. Conrad Kruswicki	19
Flight 2	1. Tim Algarin	21
	2. Clifford J. Bush	20
	3. William Bordner	20
Flight 3	1. Jon Rainsberger	20
	2. Jay Vaughn	20
	3. Donald Brehm	18



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PARTS - RENTALS

EZ-GO CALL FOR SPECIALS



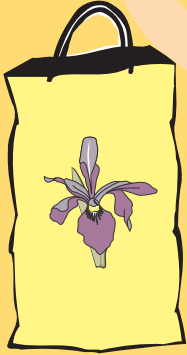
Many Carts to choose from starting
at \$1595.00. Call for Specials.

Don't
MISS It!

TWO-DAY Spring Sale

Thursday & Friday, APRIL 25 & 26
10:00 a.m. - 3:00 p.m.

Presented by CASA Thrift Shop
9360 E. Manzanita Circle, Prescott Valley



CASA Thrift Shop
Where BARGAINS
Can Be Found Every Day!

ANNOUNCEMENT:

NAU's Senior COMPANION Program is back at CASA!

If you are 55 years old or older
and meet income guidelines
You can make a real difference
in the lives of others.

PLUS receive a small tax-free stipend,
mileage reimbursement, supplemental
insurance coverage and more!

Even if you don't qualify under
the income guidelines, you can still

Make a Difference by
VOLUNTEERING to HELP
those in need!

Do you know someone who
NEEDS this service
or do you want to find out
how YOU can HELP?

CALL Betty: 772-3337

CASA 'HAPPY' MEALS-ON-WHEELS
Qualified AZ TAX Credit Charity for your
2018 TAXES! (Tax Code QCO 20404)

It is NOT TOO LATE!! At NO COST to YOU,
You can DONATE to CASA 'Happy' Meals-on-Wheels
(Central Arizona Seniors Assoc.) and get a
Dollar-for-Dollar AZ TAX Credit, up to \$400
per person! \$800 per couple! 2018 TAX Credit Dona-
tions may be made now through April 15, 2019!
Make a Real Difference! Help CASA provide Vital
Services by giving a special Gift of LOVE!
Keep your TAX Dollars working in your community!
To make your ARIZONA TAX CREDIT DONATION,
simply call: CASA 928 772-3337

**Are YOU or Someone you know RECOVERING
from an Accident, Operation or Illness?
Are you finding it Difficult to Prepare Meals for
Yourself & Your Loved Ones?**

**If you live in the Prescott Valley/Dewey area,
Call CASA 'Happy' Meals-on-Wheels TODAY!
928-772-3337**

Then, Tomorrow, (for only \$6.00) you can have a Scrumptious,
Well-balanced Lunch (including salad, entrée, drink, dessert and
extras) Delivered to Your Door! (No Age Restrictions)

**NEW Home Delivery CLIENTS: Try our Lunches
for 1 Week (Pay for 4 lunches- get the 5th lunch Free)
CALL CASA 'Happy' Meals-on-Wheels: 772-3337**

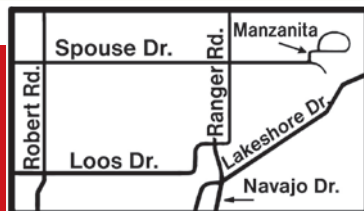
**Or check our Website: www.casapv.net
for Daily Home Delivered & In-House Lunch Menus
(In-House Lunches Only \$5.00 served 11-12:30 M-F)**

CASA KITCHEN CAFÉ

**9360 E. Manzanita Cir. Prescott Valley
NEW In-House PATRONS - \$2.00 DISCOUNT (1st time)!**

**9360 E. Manzanita Cir.
Prescott Valley**

**Call us 772-3337 or check
out our website: www.casapv.net
to learn more
about these events and our on-going Activities.**



CASA Schedule of Events for APRIL

SUNDAY

GACWSMA Meeting,
Pot Luck & DANCE:
APR 14 – 12-4:00
Happy EASTER Apr 21
Dog Food Distribution
APR 28 3-4:30

MONDAY

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

TUESDAY

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

WEDNESDAY

Baked Goods/Commodities
CASA Thrift Shop 10-3
CASA Kitchen Café
11-12:30 (Linda Herst)
CASA Food Pantry: 12-3
POKER 12:30-4
DOG TALK 12:30-1:30
APR 10



**There's Always
Something
Happening
at CASA!**

THURSDAY

Baked Goods/Commodities
CASA Thrift Shop 10-3
2-Day SPRING SALE
10-3:00 APR 25-26
CASA Kitchen Café
11-12:30
Jerry Cotter – APR 4 & 18
CASA Food Pantry: 12-3
Weight Watchers 6-7:30
DOMINOES APR 11 1:00
BIRTHDAY Lunch APR 18
FREE Blood Pressure CKS
By Hospice Family Care
APR 4 & 18
By Glassford Place APR 11 & 25
THURS(Cont.):
Jerry Thomas Para-legal Svc
BY APPT. APR 25
CASA Bd. Mtg 1:00 - APR 25

FRIDAY

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 1:15-2:15
PEDICURES by CC APR 12 8:30-
(Appt.)
Greeting Card Workshop
10-11:00 APR 12
PONY CANASTA 1-4:00 APR 12
HAIRCUTS by Justina
APR 19 12-2:00
2-Day SPRING SALE
10-3:00 APR 25-26

SATURDAY

BINGO 5:30
HAVE FUN! WIN CASH!
Doors Open @ 4:00
HIGH % PAYOUTS!
Church of God Meeting
APR 13 & 27

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

Play ALL the Games for as Little as \$17.00

Have FUN! -- Win CASH!

CASA Congratulates its BINGO Winners

**Who Received \$11,677.00 in FEB., 2019
TOTAL PAYOUTS \$22,866. FOR 2019**

18 & Over Public WELCOME!

**9360 Manzanita Circle, Prescott Valley
(928) 772-3337 www.casapv.net**

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Music & Entertainment in a Friendly Environment!

Adopt Today!

Dog of the Month

HI, MY NAME IS RASCAL and I am a male Chihuahua/Dachshund Mix. I am about 3-years-old with a White Chocolate coat and I weigh 25 pounds.

I am a little timid at first, but if you give me a lap to sit on, I will jump right up and make myself at home.

I have been told that I am JUST ADORABLE! I love everyone and I am good with cats, dogs & kids.

I have been neutered, my shots are current and I am house-trained.

If you can give me a good, loving, indoor/outdoor FOREVER home with a fenced yard, I will give you all the love I have to give and will be your BEST FRIEND.

I am looking forward to meeting you. If you would like to meet me, please contact Marilu at Chino Valley Animal Shelter, 928-899-3035.



Cat of the Month

HELLO, MY NAME IS MUFFIN and I am a 5-year-old Lynx-Point Siamese with beautiful blue eyes and a soft gray & white coat. I am a little timid but ohhh so sweet. Once you touch me, I move right in for more affection.

I am a bit overweight and they put me on a diet, Ugh! I think I would do better in a quiet home. If there are other pets, I would like a controlled introduction.

I have been spayed, tested negative to FelV/FIV, my shots are current and I am litter box trained. Also, I am scheduled for a dental soon.

If you can give me a good, loving, INDOOR FOREVER HOME, I will give you all the unconditional love I have to give and I will purr you a love song.

To meet/adopt me, please contact Suzy with United Animal Friend, 928-848-6191 or email her at suzytazman@gmail.com.

(To meet me in person, come to Kachina Animal Hospital, Dewey, AZ, 928-772-8225)





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other asst.
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Vaccines • Wormers • First Aid
Skin & Coat Supplements
Vitamins • Joint Supplements






Monthly Sale Flyer
Fun & Educational In Store Events

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. Yavapai County Sheriff's Office Report for Prescott Country Club area.

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

FEBRUARY 1, 2019

	Occurred On	Report #	Address
911 Hangup	02/18/19	19-005887	N Cochise Dr
Agency Assist	02/02/19	19-003989	Maverick
	02/02/19	19-004076	N Buena Vista W
Alarm	02/09/19	19-004933	Deer Trl
Animal Noise	02/07/19	19-004660	N Latigo Ln
Citizen Dispute	02/11/19	19-005174	E Powder Horn
Civil Standby	02/02/19	19-004004	E Manzanita Trl
DUI	02/13/19	19-005457	E Deer Trl
	02/17/19	19-005871	E Manzanita Trl
Family Fight	02/06/19	19-004525	Lariat
	02/13/19	19-005372	E Buckboard Trl
Fraud	02/05/19	19-004409	Cochise Dr
	02/09/19	19-004897	E Havasupai Trl
Information	02/09/19	19-004939	E Black Angus Rd
	02/11/19	19-005132	N Cottonwood Spr
	02/14/19	19-005509	Blue Roan Trl
Littering	02/02/19	19-004017	N Buena Vista W
Suicide Threat	02/10/19	19-005014	E Turquoise Cir
Suspicious	02/15/19	19-005666	Ironwood Ln
	02/20/19	19-006196	N Broken Wagon
Traffic Stop	02/12/19	19-005253	Manzanita/Tapedero
	02/12/19	19-005259	Manzanita/Ironwood
	02/15/19	19-005594	Manzanita/Ironwood
Welfare Check	02/28/19	19-007232	Manzan/Blk Canyon
	02/07/19	19-004728	Turquoise Cir

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Bible Based, Non-Denominational



Communion Every Sunday
Worship 10:00 a.m.

632-9429

2820 2nd St., Humboldt
www.aguafriachristianchurch.com

Mission Santa Maria Catholic Chapel

TRADITIONAL LATIN MASS

Society of St. Pius X

Daily Mass 8:00 am
Every Sunday 3:00 pm
Every 3rd Sunday 10:00 am

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Attention Consumers Seeking Services from the Businesses in the Service Directory

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LOOKING FOR AVON PRODUCTS?

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PCC Resident – CALL LENA – 772-9297

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Free estimates. Call 928-499-7069

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FREE **Prescott Country Club** **Private Party Classified Ads**

\$1000 REWARD is offered for information leading to the arrest and conviction of the person who trespassed at 1074 N. Broken Wagon Trail, Dewey, AZ the nights of Feb. 15, and Feb. 20, 2019. Reward will be paid upon conviction for the crimes of trespassing (misdemeanor) or stalking (felony). Please report information to Yavapai County Sheriff's Office. Phillip Delaney 928-227-3322

For Sale, Pit Boss Smoker Model 700, less than one year old, used once, selling for health reasons. \$295.00. 928 775-8258

For Sale, Two Serta brand electric recliners. New condition! \$150.00 each. 10" Black and Decker table saw, mounted on a floor stand. Good condition. Has new blades as part of sale, \$100.00. McGraw-Edison grinder, mounted on a floor stand, \$75.00. All items available immediately. Contact 928 759-5784 or 928 830-9218.

Looking for a male mini schnauzer to breed with my little mini schnauzer. Momma of my schnauzer is papered but daddy was not papered. Contact Georgia 928-925-7204

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Do you have a flair for writing?

PCC News is always looking for fresh and interesting local articles for our publication. Share your expertise in hobbies, gardening, DIY projects, local history and more.

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Contact Jan at 772-0849 or email

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