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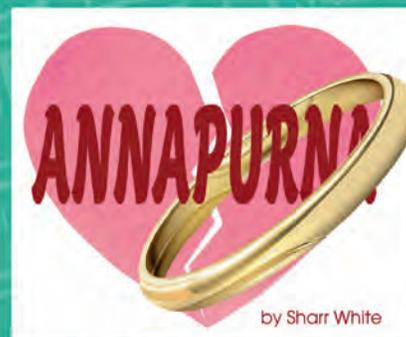
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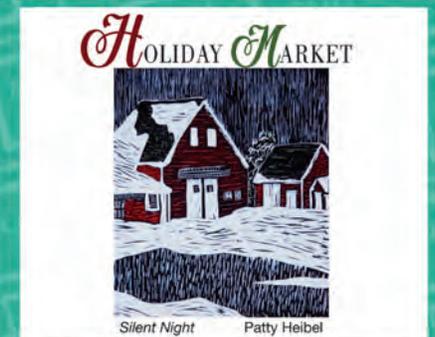
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5 senses • 4 HIV Spikes in Yavapai: Why Is No One Talking?

By Ed Mickens

The headline in *The Arizona Republic* in September startled more than a few: “Yavapai County investigating spike in new HIV cases.”

The story reported “nearly triple the yearly average” of HIV diagnoses — specifically, 25 new cases in the first eight months of this year.

“We’re used to seeing an average of seven to nine cases per year,” says Laurie Silver, executive director of Northland Cares, the only clinic in Yavapai County devoted exclusively to HIV and AIDS care. “Now we’re seeing more patients and have had to expand our clinic hours.”

In fact, the numbers for 2019 have turned out far worse than originally reported. As of early October the number of new cases had grown to 33, according to Leslie Horton, director of Yavapai County Community Health Services. While the number needs to be confirmed, she estimates that about half of these are people moving into the county with the preexisting condition; they show up in the count as they register for care. But that means 16-17 new infections, just three-fourths into the year.

“We didn’t see the spike coming,” says Horton. “The state suspected something around March, but didn’t tell us. We didn’t see the actual numbers locally until July and August.”

Far worse, the incidence of new infections is skewing younger. Where in the early 2000s half the new cases were among people aged 30-50, the growing majority is now under 30.

“This is alarming and concerning,” Horton says, “especially because HIV is so preventable today.”

Of course, she’s talking about PrEP (Pre-Exposure Prophylaxis), often marketed as Truvada, the two-drug cocktail that since 2012 has revolutionized AIDS prevention. While not a vaccine, a daily PrEP regimen can provide resistance up to 99% effective against contracting HIV if exposed.

It’s become almost standard advice in many of the big cities where

AIDS hit hard that anyone at risk of contracting the virus (predominantly men who have sex with men, and intravenous drug users) start taking PrEP. (The New York City health department launched an aggressive ad campaign a few years ago, aimed at young gay men.) But there’s a basic requirement before anyone can start: you have to be HIV-negative. That is, you need to know your status. You need to get tested.

Yavapai County isn’t likely to run posters featuring happy, carefree gay men, but it has been making an effort to make testing easier. “Everyone needs to get tested,” says Director Horton, and she touts the county’s free testing sites in Prescott, Prescott Valley, Cottonwood and Chino Valley. Call 928-634-6851 for more information.

Aunt Rita’s Foundation, a Phoenix-based AIDS philanthropy, has launched a statewide initiative offering free, 20-minute tests through Walgreens and Safeway stores across Arizona. (Should these rapid tests yield a positive, the recipient is given a voucher for a follow-up, confirmatory test at Sonora Quest Labs.) Unfortunately, no Walgreens in Yavapai has elected to participate, and only one Safeway, in Prescott Valley. Free vouchers are also available through GetTestedAZ.org, or by calling the HIVAZ Connect hotline at 602-903-1221.

And then there’s Northland Cares, which has offered free, confidential testing since its inception. Its Prescott clinic offers a wide range of HIV-related services, often free, including specialized medical care (even if it has to bring doctors in from Flagstaff and Phoenix). And it offers a relentless outreach program, with its professional teams bringing education and testing to colleges, drug treatment facilities, and healthcare centers.



The Centers for Disease Control estimates that 40% of people who have HIV don't know it — and concludes that they will be the most likely sources for spreading the virus in the near future. The Trump administration has budgeted \$291 million to “end the HIV epidemic in the US within ten years.” Nearly all that money (granted, a hundred-mill short of what it takes to pressure a foreign government) will be spent in 50 hard-hit counties, mostly urban. Maricopa County is one. Yavapai is not.

Meanwhile, health officials are beginning to worry that a new upsurge in HIV and AIDS could occur, this time in the rural parts of the nation. Some cite a lack of reliable information (“no promo homo?”). Some fear a side-effect of the opioid crisis (outlawed needle-exchange efforts?). But nearly all point to the same problem that has burdened this epidemic since it began.

“Stigma,” says Laurie Silver of Northland. “Stigma is still the biggest obstacle. Its hard to talk about HIV with potential donors, or even within the medical community.” Leslie Horton agrees, “We need to encourage talk about choices, and not be afraid.”

Otherwise we could find ourselves echoing the darkest wit from the early years of the epidemic, talking about friends who “died of embarrassment.”

Ed Mickens is managing editor of *5senses*.



All are welcome as we celebrate the life of **BILL TRACY**, past owner of The Dinner Bell and founder of Bill's Grill and Bill's Pizza in Prescott and Palm Springs. Food, friends and fond memories will be shared as we remember Bill and the place he held in our hearts and lives.

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Northland Cares HIV Specialty Care Clinic

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Water to Power the Southwest Grid? Here Comes the Big Chino!

by Chuck Budinger

The ITC Pumped Storage Project is proposed as a renewable energy source, using groundwater to turn huge turbines that generate electricity.

The facility will consist of two reservoirs, connecting tunnels, a power plant and ancillary structures for operation and access. Its purpose is to provide electricity for a region of Arizona, Nevada, and Southern California during peak-use hours. ITC is the largest electricity transmission company in the US, currently with eight pumped-storage facilities around the country, nearly all in water-rich areas like the Northeast and Great Lakes regions. It is owned by the Canadian utility Fortis.

To date only a Pre-Application Document has been posted on the company's website (bigchinovalleypumpedstorage.com). The information presented there is general and proposed, not the final word on the design or operation of the facility. A schedule of future milestones for licensing can be found on the website.

Most renewable energy sources do not generate power on demand, and rarely during normal day-use hours, as do oil/gas/coal plants. Simply stated (or maybe to oversimplify), the ITC project in the Big Chino watershed will “flush” water from the upper reservoir twice a day to satisfy peak demand for power in the Southwest. How the ITC facility will fit into the energy-supply niche will have to wait for final licensing or the Environmental Impact Study (EIS).

Some early public presentations floated the idea that water could be pumped uphill using solar or some other renewable source of energy. No commitment was made, but it allowed the proposal to take on the aura of “green” technology. Page two of the Pre-Application Document (PAD) says the water will be pumped to the upper reservoir using excess electricity from the grid during off-peak times, with no mention of energy use during the initial fill. I assume it would be the same source as that for daily operations.

Would this kind of facility work better with a fossil-fuel infrastructure, rather than other, wildly variant and unreliable renewable sources, such as wind and solar?

Renewable (“green”) technology seems to be expanding in a chaotic manner. Solar, when active, can provide power in a range of 25-65% of the reliability of coal or oil power plants, according to studies conducted by Idaho Power. On any given day there could be a significant shortfall of power for a certain region, or significant overproduction. How a “flush a day” generating 2000MW will support the system is unclear.

Idaho is facing a sustainability problem. State law requires big power companies to buy renewable energy. As of 2015 Idaho Power had already achieved maximum generation with several new renewable projects in line to generate — with no new demand. The Big Chino project could find itself in the same situation: trying to manage fluctuating energy supply to the grid. In other words, how can ITC respond with the right amount of power per day if the main sources (wind, solar, and hydro) are so unpredictable and unreliable? For example, will it need to flush only 75% of the reservoir one day, but 100% the next? It seems difficult to calculate the megawatts needed to fill in the “short-fall niche” throughout the grid.

Water will be pumped from the Big Chino Valley Aquifer to one of two very large reservoirs, including tunnels and penstock volumes. The “initial” fill of water is a total of 29,000 acre-feet (one acre one foot deep with water, or 325,851 gallons). But, the initial fill is not the only initial fill. ITC will have to fill, then test, then refill as needed.

ITC has a schedule for the initial fill of up to two years. This depends on three favorable factors: aquifer pumping capacity (the availability of a well to extract from the aquifer soils or rock and not



cause the water table to draw below the pump depth), aquifer yield (the amount of water available for transmitting to a well), and availability of energy during the fill. If solar is used for the initial fill, there could be days in which the pumping rate would not be reached, extending the time it takes to fill the reservoirs. The same would apply to operation: if the excess electrical capacity fails to reach a certain level from unreliable solar sources, there may not be enough water to “flush,” or to generate the power needed during that day’s peak demand. This is speculative, of course, but issues like energy-source reliability must be realistically demonstrated and understood by the public.

The Big Chino aquifer is huge and contains hundreds of thousands of acre-feet of water. But can it all be extracted at a predictable and desirable rate? For example, if the aquifer around the Big Chino Project is saturated with water in substantial quantities, will the pores of the soil be connected sufficiently provide water to a well? From some studies, it appears as though the soil in the area could be sufficiently fine to hold onto the water rather than let it flow as it would in a fracture or sand aquifer. If this is the case, the aquifer will be depleted faster than anticipated, and slower to recharge after pumping. The resulting effect is not depletion of the water in the aquifer, but could mean a significant reduction in available water for annual replenishment, perhaps a delay in the initial fill, and a possible reduction in available water for other uses, such as supplying the Prescott Big Chino Water Ranch, feeding the Verde River, or providing well water for local ranches and homes.

Is a project that declares itself “green” and sustainable worth the risk of significantly impacting a future water source? What are the legal and practical implications for the rights attached to it for other users? Is it worth risking our future water supply for questionable reliability that may either use more water than needed or, on the other hand, not adequately supply power to the grid with an increasingly unpredictable and unmanageable source of energy?

These are questions to be considered once the EIS comes out, and the public will be expected to understand a complicated new energy industry. Will it, or will it not, be green and sustainable?

Chuck Budinger has been a member of the Mayor's Vision 2050 Committee for Water, and of the Watershed Improvement Council sponsored by the City and Prescott Creeks. He sits on an advisory committee to the County Planning Organization promoting wildlife habitat and preservation.

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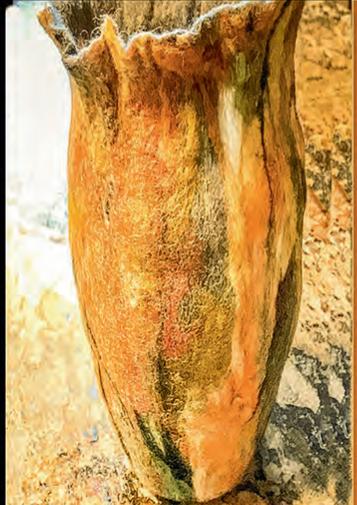



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CRAFTED JEWELRY

Paint the Future at the Public House, Every Tuesday Night

by Lesley Aine Mckeown

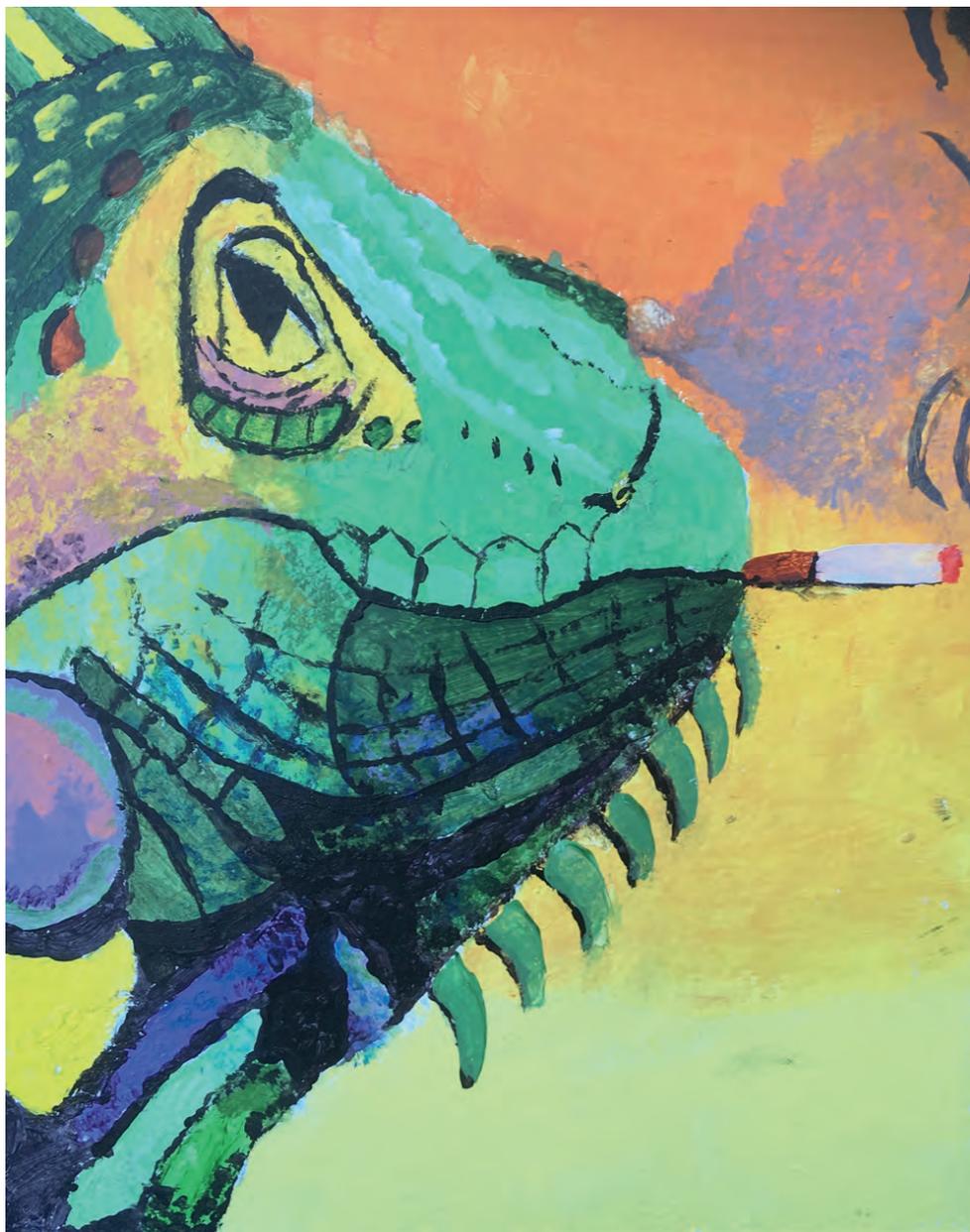
A teacher and an artist walk into a bar. Sounds like the lead-in to a joke, right?

But every Tuesday night, teacher Taylor Kelling and artist Jonathon Allred do exactly that, for charity.

Allred reached out to friend and Northpoint Expeditionary Academy language-arts teacher Taylor Kelling with an idea for an art-paint night to raise money for school arts programs. Choosing Northpoint as the first beneficiary, they began to flesh out how to organize the project.

Allred had produced art shows twice a year at the Prescott Public House, and owners Mark and Bethany Walters happily agreed to host the project, dubbed the White Spar Arts Initiative. “I wanted to give back to a school that provided me with the tools to pursue my love of art,” says Allred.

Every Tuesday night anyone can go and paint, all materials provided. The following week, the paintings are auctioned. In just a few weeks the project has grown to 50 painters on a given night and a houseful of spectators. In one recent auction a triptych fetched \$100.



Once the paintings are auctioned, the artists receive half the sale price for their work, which they can choose to donate back. “We want to support arts from all aspects,” says Allred. “Paying and respecting the artists is important to the process.” The remaining proceeds go directly to support Northpoint arts programs and intensives.

Northpoint is a college prep school pursuing an expeditionary-learning model. It focuses on teaching critical and creative thinking, challenging students with hands-on, intensive block studies to help develop comprehension and to integrate topics across disciplines.

Funding from the White Spar Arts Initiative helps support studies not only in the creative arts, but also in the sciences and language arts. Helping young people find their voices, through expression in visual, musical, literary and theatrical art, is integral to the school’s mission. Through intensive block studies the students explore many different aspects of a given subject and apply that knowledge to creative, actionable solutions.

In December, proceeds from the White Spar Arts Initiative will directly fund a pop-culture intensive program, looking at the many aspects of pop culture in art. On a coming field trip to Tucson, students will look at mural art, working artists and how the art approach speaks to social and environmental justice. They will also be producing a student art show and learning how to mount, promote and critique a show professionally.

“Looking down the road, our hope is to produce a model project that can then be shared with other schools and organizations,” says Allred.

“I’m very excited to see how this all comes together,” says Taylor. “This program is just the beginning. In the spring we will be introducing parents to the project, and begin student paint nights to include the students in all aspects of project organizing, auctioning, sales and promotion of the art.”

As the light fades outside I wander through the bar, admiring the paintings on display, ready for tonight’s auction. Paints and brushes are out on a large table, and the boards are primed. Painters are already choosing places to begin their pieces. The energy is palpable, and I wish I could stay and paint tonight. Creating in any form lightens the soul, and creating to give back swells the heart. So if you hear the muse calling, go on down and pay it forward. Become part of something that could change the way a child sees the world and their place in it, because a society without art is a society without a soul.

White Spar Arts Initiative: every Tuesday night at Prescott Public House, 218 W Gurley St., Prescott, 6:30-9pm. Auction starts at 8zpm.

Lesley Aine Mckeown is a jewelry artist whose work is featured in fine galleries across the country, and at Van Gogh’s Ear in Prescott.

The Parlor: Art in New Dimensions

by Carlos de Gonzalez

Sometimes you just come across an artist who speaks to you, whose work is unique, complex, and engaging.

While reading about it will give you an idea of some of the history and background to this dynamic expression, seeing it with your own eyes is the only way to fully appreciate it. No concise label is sufficient.

Just where can you be so enthralled? In downtown Prescott, just steps from the Courthouse at 102 E. Union Street, is the Parlor Fine Art Gallery. Walk in to find a studio both warm and inviting, with exquisite art on display. Michelle Larsen is not only the featured artist, she is also the owner, and available to talk about her work.

Born in Idaho and a resident of Sedona until recently, Michelle began her artistic journey painting billboards. Nine years ago, inspired by a private spiritual experience, she wanted to create something that could be looked at beyond just two dimensions, the way most entertainment and print is limited. Her art is a creation of an ultimate drama that goes beyond what we normally see every day.

Michelle applies a dramatic layering technique, built up by hand and her own imagination. A considerable amount of paper is shaped, compressed, then glued to convey an outstanding three-dimensional sculpted canvas. After drying it comes even more to life through vibrant oil-based colors, applied to the canvas to express a truly complex and engagingly theatrical delight.

Michelle likes to work with living things as references. She uses pictures of people, animals and plants to bring her ideas to life. Backgrounds are blended in and around the main image to help express the mood of the painting. The original works can take anywhere from two weeks to three months to complete.

Prints of most of her work are available for those who might want a simpler version of what she has to offer. Some of her most popular works are “Beautiful,” “The Bear” and “Man of the North.” This writer really liked “The Western Way” — so much emotion seemed to be expressed within the work, like the hints of a farm that the featured character was attached to.

Michelle feels great about the area, and has heard from many who’ve been to her gallery that Prescott craves more artistic expression like hers. They also like the fact that she is so accessible. Her work has been featured in Art Tour International and many other art-related publications. She has been gracious enough to share a part of her world with Prescott, even as she exhibits in Las Vegas, New York and Miami.

Indeed, it must have been a journey. Now she is virtually painting our hearts with joy.

Carlos de Gonzalez is a regular contributor to Senses.



Succulent I, oils on sculpted paper by Michelle Larsen



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Senses • 10 Santa Fe's Grottesco Innovates for Prescott

Prescott cultural provocateur Jay Ruby shares a dialogue with John Flax, director of Santa Fe's Theatre Grottesco about theatre, culture and community.

Jay Ruby: *Tell us about yourself. Why do you perform?*

John Flax: I was lucky enough to find the arts when I did — with just enough guts to seize opportunities that presented themselves. I was a troublemaker in school because I was bored out of my mind. After finishing high school I wandered around Europe, then landed at Prescott College. The outdoor program and environmental studies worked for me. Nature journalism led me to fiction, which led me to the theatre to study character development. I saw Theatre de Jeune Lune, a company that had trained at the Lecoq Conservatory in Paris. Suddenly it all crystallized. I needed to create original, rigorously physical works as part of an ensemble.

Jay Ruby: *I understand that impulse.*

John Flax: I worked gratis with Theatre de Jeune Lune for two intense years, and was finally cast in major roles. But I didn't really know what I was doing. So I went to the Lecoq school myself. It has been a fast 40 years since. The artistic explorations are endless, the rewards are infinitely deep, and I have no idea what I would do if I wasn't doing this.

Jay Ruby: *What questions inspire Theatre Grottesco? What makes it unique?*

John Flax: We create all original work, generated by a team of artists who develop the vision of a piece through theme, imagery, style and finally story and text. Many of us are trained in a broad palate of historical theatrical styles, many unknown in the US. The idea is *not* to perform a classic style as it was done, but to synthesize the spirit and architecture of a style (or styles) to create modern work.

We're known for blending styles. The inspiration for a new piece can start with theme, story or a style or collection of styles we feel is timely, and that we wish to spend a year or two of our lives with. The creation of a new work is much like an outdoor expedition: We don't know what problems or wonders we'll run into until we run into them.

Jay Ruby: *In my experience with Carpetbag Brigade, I find that culture provides something essential to community. Can you talk about how culture can invigorate and activate communities?*

John Flax: We're in a time when government funding has abandoned both the arts and social programs. Yet government and foundations now look to the arts to compensate and fill the void left by the government's negligence. Many arts companies are now dedicated to community development and enrichment.

Jay Ruby: *But is that the same as making art?*

John Flax: Grottesco's mission is artistic. We spend long hours creating works of art that are



rigorous and beautiful. We use metaphor, imagery and an underlying musicality to elevate universal characters. We ask questions instead of providing answers. Strong and evocative art is timeless and inspirational. Communities touched by strong and evocative art can't help but be invigorated and enriched.

Jay Ruby: *What elements make a constructive partnership between a cultural organization and a city or a college?*

John Flax: Partnerships work when the partners respect and value each other. It has been proven time and again that artists can have a tremendous impact on the economic viability and quality of life of a city. Right now, when we are in the midst of paradigm shift, we have learned that words don't have the same impact they once had. Scientists and scholars struggle to get their findings through to the general public. But the arts can open these conversations in ways that lectures and papers can't. For a college

rooted in social and environmental justice like Prescott College, partnering with the arts could be a very valuable investment.

Jay Ruby: *And for a city like Prescott, partnering with, and truly supporting the arts, could enhance the quality of life for the citizens of the city. The arts can help a city define itself and recognize its soul.*

John Flax *has been creating original physically based theater for 40 years with Theatre Grottesco in Santa Fe, New Mexico.*

Jay Ruby *is founder and director of the Carpetbag Brigade Physical Theater Company, Global Stilt Congress and Tsunami on the Square.*

Consider This from Theatre Grottesco

*Crossroads Center at Prescott College
Saturday November 2, 7pm*

*\$15 general public, free for Prescott College students
All proceeds benefit SOSH - Spirit of Sam Hill
theatergrottescososh.brownpapertickets.com*

Consider This is a backstage pass to an understanding of theatrical style, from Greek tragedy to *com-media dell'arte*, clown, buffoon, masks and more. Theatre Grottesco blends classical and modern styles to stamp its identity on unforgettable, original works that transform audiences with the worlds created, the characters in them, the stories told and the humanity shared.

National Adoption Month: Making a Lasting Impact

Guest Perspective by Daniel Leavitt

Met Cody and Mikey Ayers, a young couple who decided early on that they wanted to adopt one or two children from foster care.

Cody and Mikey were licensed to foster in May 2019. This required five weeks of training, an in-depth interview of the family, checking references, an inspection of the home, and a home study written and submitted to the Office of Licensing and Regulation.

However, their plan changed shortly after they became licensed foster/adoptive parents through Arizona's Children Association (AZCA). Cody and Mikey received a call asking whether they would consider taking in four siblings under the age of five. A sibling group of six was removed for chronic neglect, domestic violence, child abuse and illegal substance use by the parents. The children suffered malnourishment, significant speech delays, and severe neglect causing infections. A number of them had never seen a doctor. The youngest was substance-exposed at birth. Some were left in a room daily with limited interaction from adults: not fed, spoken to, or cared for. The children were not meeting developmental milestones. They were not permitted toys, books, or any form of stimulation to advance growth. The parents engaged in physical altercations that caused injury and trauma to the children.

Living in these conditions, the children were behind developmentally — not walking, talking or crawling at the normal times — and experiencing serious medical concerns.

Cody and Mikey knew they wanted to positively influence the lives of these children by providing them a nurturing, safe and loving home. The couple was encouraged to help the children overcome their medical and developmental problems by ensuring they meet their emotional and physical needs.

After a couple of months of living in their new home, and receiving the services and support they needed through AZCA, the children are showing tremendous progress. They have made many advances in their development. They are also happy, social and thriving.

The difference between fostering and adoption is temporary versus permanent. When children are removed initially, the case plan starts with reunification. The Department of Child Services is required, in most cases, to provide services to the family to remedy the circumstances that brought the children to care. Adoption occurs when a parent's rights are terminated and the child needs a permanent home. If you are interested in learning more about foster care and adoption, please view the orientation videos on the state website: dcs.az.gov/fosteradoption/steps-becoming-foster-parent.

Support from the community allows AZCA to make a lasting impact and help transform the lives of thousands of children and families who



need assistance, right in our neighborhoods. Whether it's by making a monetary donation to back programs and services, becoming a foster or adoptive parent like Cody and Mikey, or mentoring youth in foster care, *you* can make a difference.

The Arizona Children's Association needs funding to assist every child and family to reach their full potential. Programs include:

- Safe foster and adoptive homes for kids in need
- Counseling and resources to address trauma and abuse
- Training and tools to promote successful child development
- Support for caregivers raising the children of relatives
- Guidance to help at-risk families stay together
- Life skills and mentoring for fostered youth

These services allow families like Cody and Mikey to receive the training and support they need to become licensed foster parents and ensure that the children develop skills to increase independence and resiliency.

To learn how you can make an impact in Prescott, visit ArizonasChildren.org.

Daniel Leavitt is development director for the Arizona Children's Association.

Art of the Holiday

Prescott Artists' Co-op Chooses BeneVets for Annual Fundraiser, November 22-December 27

by Abby Brill



Pendant by Marty Orosz

It gives me hope for mankind and the future whenever I encounter someone who, through their own life struggles, finds a vocation in helping those in similar circumstances. On a recent day in October, I met up with two people who are doing just that.

Nikki Miller and Mike Jacobson have been friends for many years. Mike is a combat veteran of the Vietnam War and has had numerous ongoing health issues from his tours of duty. During a health crisis years ago his neighbor Nikki stepped up to help. In visits to the Prescott Veterans Administration Hospital they discovered that the clinicians didn't always have all the equipment and resources they would wish to provide the excellent care the veterans deserve. Capable and hardworking as they are, the staff at the VA have limited budgets.

Nikki and Mike knew that serving in the military, especially (but not only) in combat, often leaves veterans with lasting health issues. These men and women not only risk their lives in battle but also face another battle dealing with these health issues when they leave the service. They deserve the best clinical support we can give them.

So Mike and Nikki decided to ask the VA clinicians for a wish list, and BeneVet was born. The first item a VA therapist requested when BeneVet was created in 2009 was a mapping system for wheelchair-bound veterans. People who sit all day in a wheelchair tend to develop bedsores where the seat rubs the same spots. The mapping system tracks these spots, making it possible to customize the cushion and prevent such sores. In 2009 this system cost \$10,000, so Nikki and Mike set that as a goal they would work toward to reach at a later date.

Small Things Make a Difference

One therapist requested a new handbook, as the book she had been using was from 1978. A new one would cost over \$300 and was not in her budget. After receiving a new handbook from BeneVet, the therapist joyfully reported that she used it daily in her practice.

BeneVet has continuously cultivated a public/private partnership with the VA clinicians who submit their wish lists of things they need. Some of the many items BeneVet has purchased for the VA over the last ten years include gas cards for vets to get to treatment, a Sony Wii to simulate balance beams, computers for the VA library, a wheelchair scale, a medical treadmill, a stationary bike and ergometer tables (like a laptop stand for upper-body exercise gear). Plus a sewing machine for Occupational Therapy, a felting machine and a woodburning set.

And, finally, a mapping system! Nikki and Mike this year reached their goal of being able to purchase the long-wished-for mapping system, which will make so many veterans more comfortable in their wheelchairs.

Another big item that BeneVet provides every year for the VA is a subscription to Neuropsych Online, a program for people who have had strokes and resulting speech difficulty. Veterans can go online at home and do speech-therapy exercises via the program. They stay in touch with their speech therapists, but this program allows them to reduce in-person visits (and the necessary commute) from several times weekly to once or twice a month. BeneVet pays \$1500 per year to provide access for our local veterans to Neuropsych Online.

Artists Chip In to Heal

Every year members of the Arts Prescott Cooperative Gallery donate pieces of their work that together become a month-long show to benefit a local nonprofit. In past years the gallery fundraiser has helped organizations such as Horses With Heart, The Launchpad, and Big Brothers Big Sisters. This year BeneVet was chosen as beneficiary of the annual Arts Prescott Cooperative Gallery's Holiday Fundraiser.

Arts Prescott is a unique kind of gallery, owned and run by its artist/members, currently numbering 25. The gallery was founded 26 years ago by local artists who wanted a gallery where they themselves would run the business, in addition to creating the art. As a member there myself, I can say that being a part of this business is a really healthy part



Serving platter by Abby Brill



*Scarf by Sharon McFeely
Knit wrap by Michelle Burres-Veach
Lapis and coral set by Lana Ante*



of my life as an artist. Apart from spending time alone in my studio, I also work shifts where I interact with customers and sell everyone's work, not just my own. We all get to know each other's work and have opportunities to share interesting techniques and backstories at monthly meetings which help us all when we're on duty in the gallery. We also do all the maintenance and make all the display decisions together.

On the fourth Friday of each month we host a reception for a guest artist with live music, wine and nibbles. Many members are there to represent the gallery and engage with visitors. "Local" is the operative word when describing the Arts Prescott Gallery. We feel ourselves to be very much at the heart of this community.

As a cooperative gallery owned and operated by local artists, we want to give back to Prescott in a way that is fun and creative. Items offered for sale at our Holiday Fundraiser will include hand-crafted clothing, pottery, photography and many other media. We hope our Prescott neighbors will come and buy up all this beautiful art, knowing that the proceeds will benefit our veterans.

The opening reception for the show will be on Friday, November 22, 5-8pm at the Arts Prescott Cooperative Gallery, 134 S. Montezuma St. in Prescott. The show will be up until the December Art Walk on December 27. All proceeds from sales of the donated artworks will go to BeneVet. There will be holiday treats as well as live music provided by local musicians Small Change. Come meet Nikki and Mike and support our local veterans with your purchase of local art!

To quote Nikki Miller, "Your involvement helps veterans know their sacrifices are worth our freedom."

To learn more about the great work Nikki and Mike are doing with BeneVet, including their annual BeneVet Bowling Festival, go to www.benevet.site.

Abby Brill is associate editor of *5senses*.

Hannah's Heart Returns

A Prescott Christmas Tradition in the Making

By Parker Daniels

It's a very vintage Christmas again this year at the Ruth Street Theatre, as the *Hannah's Heart* play and craft market returns.

There are mugs of hot chocolate and heart-shaped cookies to enjoy outside. There are melodious carolers from local churches to entertain before each performance. There are crafts, cards and Christmas ornaments for sale in Hannah's Market.

In its inaugural year *Hannah's Heart* garnered \$18,000 in net proceeds, raised through sponsor donations, ticket sales, a quilt raffle and items sold through the market. This year all proceeds from the play and market will benefit local youth at the Prescott Unified School District Family Resource Center, The Little Treehouse, and The Launch Pad teen center.

The play, written and directed by Melanie Ewbank and adapted from Diane Iverson's book, is a moving historical drama set in Prescott during the Great Depression, Christmas 1935.

The story revolves around 10-year-old Hannah Meadows' attempt to save Christmas for her younger siblings. Times are challenging enough, but when her Papa gets thrown from his horse and loses work to recuperate, Hannah realizes it's more important than ever to help.

The amount of money necessary to buy that Shirley Temple doll and that Buck Rogers spaceship seems insurmountable, and it's nearly impossible to keep her plan a secret from her folks. Scrap-by-scrap and stitch-by-stitch, she cobbles together her handmade Christmas ornaments and hatches a plan to sell them outside the Elks Theatre.

Several cast members from last year's production will return to reprise their roles, including Ered Matthew as Papa, Cathleen Cunningham as Mama and Alex Gabeldon as Mr. Gomez. Returning as the Townsfolk Ladies are Shari Graham, Lyssa Romaine, Chris Fite and Mia Snyder. New to the project is local actor and director Frank Malle. The resourceful Hannah Meadows will be played by Hannah Kooiman.

Performances are Friday, December 6 at 7pm, Saturday, December 7 at 7pm, and Sunday, December 8 at 3pm at the Ruth Street Theater on the Prescott High School campus. Doors open one hour before performance.

Tickets are \$20 for adults, \$15 for seniors and veterans, and \$10 for students. Admission is free for children under 5 accompanied by a paid adult. Tickets can be purchased at the door or online at secure.give-lively.org/event/prescott-unified-school-district-education-foundation/hannah-s-heart.

New Tradition for the Non-Traditional:

Rainbow Thanksgiving Boxes

"I want people to know this group is first and foremost about giving back to the community," says Dre Winston, director of the Rainbow Youth and Family Support Network, a new program of the Greater Yavapai County Coalition (GYCC), a local umbrella group for LGBTQ+ services. The idea? Provide Thanksgiving dinner boxes for those in need and outside traditional family networks.

"I was raised in a church that gave out boxes. When I moved to Prescott, only a couple churches I knew did this event. I was shocked," explains Winston. "I also made friends with people who were not Christian, and found that they wouldn't get a box from a church because the church would attempt to push its religion on them. Our boxes come with nothing but food and a smile. That fear and uneasy feeling wouldn't have to be there."

The Rainbow Network plans to award at least 20 boxes this first year. There are also plans for a sit-down Thanksgiving Day dinner for the unattached.

"I want to make sure that people feel loved, welcome, and full at the same time. The holidays can be a very hard time for people who don't have friends or family locally. You can be our friend, be our family, and sit and eat with us."

So far, the group has won \$500 grants from each of the Walmart stores in Prescott, plus food donated by the Granite Peak Unitarian Universalist Congregation and a senior group.

Any donation is welcome: cash, check (made out to GYCC), grocery-store gift cards, or non-perishable food donations. To ask for a food box or to offer help, email lgbtqdre@gmail.com for more information.



CBD: There's Quality in Buying Local

by *Toni Denis*

At a time when much of the CBD oil on the market can be compared to gas-station sushi — a dubious investment — it's refreshing to find a retailer who is also a manufacturer and producer of a high-quality CBD hemp oil.

Aeron Bailey, President/CEO of Canna Greens, recently opened a store in Bashford Courts, 130 W. Gurley Street, on the Square in Prescott, selling his branded CBD oils and salves. It's the second store Bailey has opened. He's also operated the Smokin' Jeromes retail store in Jerome for the past four years.

Bailey said he became interested in CBD oil to help his grandmother, who had Parkinson's disease. After educating himself on the subject, he was skeptical about much of what was available on the market.

"I kind of prefer to do things myself because I know I can get it done better," Bailey said. "I wanted to make something I would give my family. I'm keeping it small and maintaining quality by sticking to the Northern Arizona community."

Canna Greens uses an independent lab to test its products and posts the report at the store and online, so buyers can see exactly how much CBD is in its products and proof of its purity. Many CBD oil producers use harsh chemicals to distill their products, and may not use all parts of the hemp plant, using just the stems and leaves. The full-spectrum oil Bailey sells has a pale green tint, the sign of a fine CBD product. It contains no THC, while some CBD oils contain variable trace amounts.

At prices ranging from \$65 to \$125 for a small bottle of CBD oil, which is being sold in all sorts of strange places now, including yoga studios, clothing stores and grocery stores, it's worth investigating whether or not the products contain primarily olive oil and if they contain pesticides or chemical residues that might sicken the user. The FDA does not regulate CBD oil, so it's basically the Wild West in terms of what buyers might encounter in the unregulated market.

Bailey points out that NBC did a report in which it tested CBD products and found that some purported CBD gummies contained no CBD oil whatsoever. Bailey tested some of a competitor's product and found that it contained only a quarter of the CBD content it claimed.

Canna Greens, produced in Colorado, starts with quality hemp genetic strains, according to Bailey, and uses organic products in growing the hemp. In addition to CBD, other cannabinoids present in the oil, such as CBG and CBC, can boost the oil's health benefits by creating an "entourage" effect that increases the effectiveness of the CBD molecule. The lab reports posted on the brand's website outline the amounts of cannabinoids in the products, including in 250mg, 500mg, 750mg, 1000mg, 2500mg and 5000mg bottles.

Bailey takes his CBD education seriously, and has produced videos on what CBD oil is, what terpenes are, the potential benefits of using CBD oil and what dosages are recommended. He also explains how to read lab results.

Canna Greens, on the third floor above Prescott Brewing Company, offers products ranging from its branded oils and salves to other brands

of CBD dog treats, body creams, bath bombs, beard balm, massage lotion and even hemp flower.

"If you smoke hemp, inhaling hits the bloodstream quicker and provides anxiety relief," Bailey said.

Health benefits of CBD oils may include reducing chronic pain, as well as arthritis, neuropathy and migraine pain. Anecdotal evidence shows that it can help with symptoms of depression, anxiety, PTSD, epilepsy, Parkinson's, Alzheimer's, multiple sclerosis, Crohn's disease and even cancer. It can take anywhere from immediately to ten weeks to see results.

The store's website is cannagreenscbd.com.

Prescott-based journalist Toni Denis is an editor and writer for her own company, Seelection.com, and a correspondent for Weedmaps, a marijuana app with 4.5 million users.



Aeron Bailey

Rise of the YGP

Perceivings by Alan Dean Foster

Television's *The Original Amateur Hour* started on radio and debuted on television in 1948.

I doubt I remember the earliest shows, but I certainly remember the show from the early '50s. Even though it was sometimes known as *Ted Mack's*



Amateur Hour for most of its long run, it was only a half-hour long. Mack moved the show along at a no-nonsense clip, running briskly through an endless and often interchangeable roster of singers, jugglers, tap dancers, magicians, and dog trainers. Most were at best competent amateurs, the kind you see entertaining at store opening, weddings, and bar mitzvahs.

Occasionally someone actually memorable would appear. A very young Ann-Margret, for example. But for the most part the performers, while energetic and bright-eyed and hopeful, were eminently forgettable — largely because Mack had to draw upon local talent.

That has changed.

Now we have *Dancing With the Stars*, *The X Factor*, *World of Dance*, iterations of ... *Got Talent*, and many more. Between the omnipresence of television and the rise of the internet, a world of opportunity has opened for performers from obscure locations who heretofore would never have had the chance to showcase their abilities. A few, such as Spain's wonderful Christina Ramos, have all but made careers out of going from one such show to another.

In the days of *The Original Amateur Hour* these talented individuals would likely never have had the chance to appear before a real audience, much less go viral on the Net to showcase their abilities to millions. Perhaps most notable among these are the YGPs — the young girl prodigies.

They seem to be everywhere. Just when you think you've heard everything, along comes an Angelina Jordan winning *Norway's Got Talent* by singing Billie Holiday — at age seven. Nobody sings Billie Holiday at age seven. Her phrasing is unique and mature. Yet here is a Scandinavian seven-year-old mesmerizing listeners by sounding like a thirty-year-old whiskey-soaked torch singer. Now a mature 14, Jordan has recorded over a hundred covers in addition to her own original material. I wonder what Ted Mack would have made of her, at age nine, covering the Screaming Jay Hawkins version of "I Put a Spell on You."

The angelic Amira Willighagen wins *Holland's Got Talent* at age nine singing "O Mio Babbino Caro." How else would a self-taught (by watching YouTube videos of opera singers) attract worldwide notice? Unlikely her parents could have afforded to ship her off to New York to appear in a talent contest. For that matter, in the absence of the internet she might never have learned how to sing at all, and the world would be a poorer place for it. Now she lives in South Africa, is 15, has three albums to her credit, and appears regularly in recitals around the world.

Her schoolmates looked down on nine-year old Courtney Hadwin's prancing and screaming. So did many adults. Not the sort of thing for a proper English schoolgirl to engage in. Much better to save a halfway decent voice for the choir, for psalms and madrigals. The same kind of quiet ridicule also greeted the young Janis Joplin, an earlier singer to whom Hadwin has often been compared.

Thanks to amateur shows like *The Voice Kids UK* and more recently *America's Got Talent*, Hadwin has gone from street busking to the release of a forthcoming album, writing her own material, and transmogrifying songs like Lil' Nas X's country/hip-hop song "Old Town Road" into a rock ballad. Without the exposure, chances are Hadwin would still be singing on the streets for lunch money.

In Russia, a specialized talent show called *You Are Super* features only young performers who were orphans or otherwise suffered difficult childhoods. Singing "Dernier Danse" (in French), 14-year-old Diana Ankudinova blew the judges away and subsequently won the show's Grand Prix. If it would have been near-impossible for the winner of a Dutch or Norwegian amateur show to gain recognition, imagine the odds placed on an unknown girl from Eastern Russia. I compare Ankudinova to a young Yma Sumac. Have a look at her performances of "Rechenka" (a haunting Russian folk song) and "Wicked Game" (Chris Isaak) on YouTube. Her life story is what these amateur shows should be about: the opportunity for obscure performers to become known, and for otherwise hidden talents to flourish.

Television birthed such discoveries, but it is in combination with the worldwide web that they have been effortlessly brought to our notice and into our own homes for our enjoyment. Science promotes art.

Prescott resident **Alan Dean Foster** is the author of more than 120 books. Follow him at AlanDeanFoster.com.



1952: Ted Mack congratulates a bright young performer named Gladys Knight.

Lesley Aine Mckeown



Annual Trunk Show - Van Gogh's Ear
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Season Your Greetings to Taste

By Michael Grady

Nobody has exactly the same take on the holidays (though all of us are irritated when Home Depot and Lowe's put decorations out the day after Halloween). This year the Yavapai College Performing Arts Center offers several different ways to embrace, accept and enjoy the holiday season. Mix and match to taste.

Let the Season Begin! (Saturday Dec. 7, 7pm)

It began simply out of a desire to celebrate the early tides of winter in the College's scenic sculpture garden. What has evolved in years since is a charming holiday starter event for those who like to ease their way into yuletide spirit.

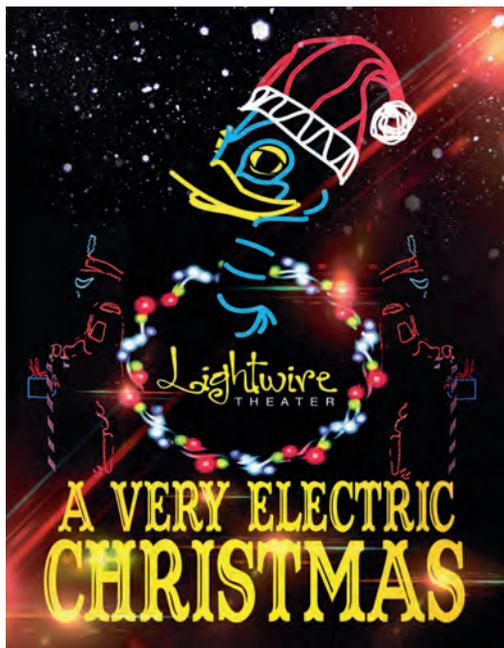
Let The Season Begin!

commences at dusk, with cookies, cocoa and carols amid glowing luminaria in the sculpture garden. Guests then trade the chilly winter stars for the warmth of the Performing Arts Center, where special guest Mackenzie Gotcher, a veteran tenor who has sung with the National Symphonic Orchestra and the Santa Fe Opera, works with YC's orchestra and combined choirs to build your holiday spirit and send you out bristling with seasonal cheer.

A Very Electric Christmas (Thursday Dec. 12, 7pm)

We are being replaced by machines. But if the job is telling a family-friendly holiday story, and the machines are beautifully configured holiday lights, well, do you really mind much?

New Orleans-based Lightwire Theater first shot to national prominence with an appearance on *America's Got Talent*. Since then the group has produced technologically sophisticated shows from Hong Kong to Abu Dhabi. In *A Very Electric Christmas*, Lightwire animates enchanting holiday light displays to tell the story of a little lost bird, stranded at the North Pole on Christmas Eve. The tale unwinds (or lights up) with all the classic holiday imagery — dancing toy soldiers, caroling worms and performing poinsettias — coming together against a musical backdrop of holiday songs from Mariah Carey, Nat King Cole and Pyotr Ilyich Tchaikovsky.



The Bolshoi Nutcracker (Wednesday Dec. 18, 6pm)

Reverent Christmas fare gets a bad rap these days. But there's something to be said for the traditional solemnity — the timeless stories, the winter tableaux and the pageantry of the holiday season. The Nutcracker gives you all that and more.

The Nutcracker is a mainstay of the YCPAC Satellite Series: 22 high-definition screenings from London theatres, New York's Metropolitan Opera and Moscow's Bolshoi Ballet. The Bolshoi's Nutcracker is one of the season's overlooked gems. For those who love dance — and those who appreciate music and spectacle — it can be a pleasant relief to unplug from the escalating "have-tos" of the holiday season, listen to the unforgettable music of Tchaikovsky, watch the world's finest dancers, and fall into the story of a curious little girl who sets loose a magical world one Christmas Eve.

Storm Large (Friday Dec. 20, 7:30pm)

If a sassy, smart, moving and sometimes bawdy evening is your thing, look no further than Storm Large. The performer spent her early career fronting bands in small San Francisco nightclubs. When she tired of the club scene she retreated to Portland, looking to become a chef. Portland wouldn't let her. Her strong, torch-singer voice — fluent in everything from rock to jazz to classic ballads — launched her to the finals of the CBS reality show *Rockstar: Supernova*. From there Storm built a national following. A singer who can deliver the tiny nuances of a club performance to the farthest reaches of a concert hall, Storm Large offers a remarkable, genre-crossing evening of song. We're not sure how she feels about Christmas, but she might improve yours.

All shows are on sale at the Yavapai College Performing Arts Center, 1100 E. Sheldon St. in Prescott. For more information call (928) 776-2000 or visit YCPAC.com.



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Mountain Artists Guild, 228 N. Alarcon St., 928-445-2510

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Van Gogh's Ear 156 S. Montezuma St., 928-776-1080

Weir Gallery 110 S. Montezuma St. Ste. 1, 307-371-1910

Yavapai College Art Gallery 1100 E. Sheldon St., 928-445-7300

Bushtit



Bird of the Month
by Russ Chappell

Wikipedia photo

The common bushtit is one of the smallest passerines in North America, at less than 4.3 inches in length and weighing between 0.18–0.21 ounces.

A plump, large-headed bird with a long tail and short, stubby bill, it is smaller than a chickadee. Look for a plain brown and gray bird, slightly darker above, with a brown-gray head, gray wings, and tan-gray underparts. Males may display contrasting blackish face masks.

They are a social species and often forage with other small song-birds like warblers, chickadees and kinglets. They chirp happily, flying between shrubs and thickets in flocks of ten to 40. Bushtits are usually on the move, and can be frequently seen hanging upside-down from branches, capturing insects and spiders from the undersides of leaves.

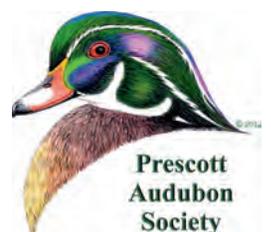
Bushtits frequent habitats with scrub-like plants, juniper, oak, and seed-bearing flowers, but will also make quick stops at suet feeders and platforms featuring mealworms, peanut chips or black-oiled sunflower seeds. Backyard birders quickly learn that bushtits appear and disappear quickly, and you must be on the lookout to spot them!

A monogamous species, the pair works for a month or more to build a relatively large hanging nest, weaving moss, spiderwebs and grasses into a sock-like pouch with a hole in its side. It is insulated with feathers, fur and downy plant matter, camouflaged with material from nearby trees and shrubs, and normally used for both broods of the season.

There are two broods per season, with four to ten white, smooth eggs less than 1.4cm long. Incubation is around 13 days, and chicks are born naked and helpless. Fledging occurs in about 18 days, and the young chicks stay with the family to help care for the second brood.

While most breeding birds sleep one at a time on a nest, bushtit families sleep in the nest together throughout the season. They even welcome neighboring members of the flock to help raise the young, primarily other adult males.

This unique family and neighborhood bonding earns this interesting species a closer look, and makes it a worthy addition to any birder's list.



Prescott
Audubon
Society

Thumb Butte Book Festival Debuts at Smoki Museum

Do you love books? Do you crave a good story well told? Do you revel in the richness of language?

Then it's time to put those screens down and come out, mingle with fellow book lovers, meet some distinguished local writers, and celebrate the timeless joy of the printed page. Best of all, the event is free.

The Prescott Area Arts and Humanities Council is hosting its first Thumb Butte Book Festival at the Smoki Museum, which is co-sponsoring the event with our friends at Peregrine Book Store.

Among the authors presenting will be 5senses regular contributor Alan Dean Foster, Susan Lang, Greg Picard, and the authors of Haunted Prescott, Darlene Wilson and Parker Anderson. There will be a Kid's Corner with Miss Parker to help start the little ones on a lifelong path of reading. Also promised are food trucks and entertainment.

The festival will be the first of its kind in Prescott in a decade. This time the sponsors hope to make it an annual tradition. Want to help? Show up and show your support for the book! Okay, you can take that screen out long enough for a selfie with the author.

Thumb Butte Book Festival: *Saturday Nov. 23, 10am-4pm at Smoki Museum, 147 N. Arizona Ave., Prescott; more information on Facebook at Prescott Area Arts and Humanities Council*

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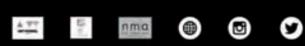
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Bob Shimizu
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Children's Books, Young Adult, Fiction, Mystery, SciFi, Fantasy, History, Politics, Current Events, Travel, Science, Nature, Cookbooks, Art, Religion, Spirituality, Psychology, Comics, Graphic Novels

FREE EVENTS OF ALL KINDS!

Author Readings & Signings, Children's Story Time, Panel Discussions, Open Mic Poetry, & More!

TOYS, GIFTS, CARDS

NOVEMBER 2019 EVENTS



CHILDREN'S STORY TIME • 11 am • Each Saturday!

MONDAYS: NOV 4th, 11th, 18th, & 25th • 5:30 pm • Prescott Friendship Circle Esoteric Study Group • Hosted by John Lorenz.



TUES NOV 5th - FRI 8th • Natural History Institute Confluence in Sedona • Peregrine will offer relevant books for sale during the event.



THU NOV 14th • 5:30 pm • Death Cafe • Hosted by Dani LaVoire. Discussions to help people make the most of their finite lives.



FRI NOV 15th • 9 am • Natural History Book Club • This month we will discuss *Sight and Sensibility* by Laura Sewall. Location: NHI 126 N. Marina St. Prescott



FRI NOV 15th • 6:30pm • Socrates Cafe • Hosted by Andrew Winters, Ph.D.



FRI NOV 15th • 7 pm • YC Literary Southwest Series Presents: An Evening with Layli Long Soldier • Reading, Discussion, Q & A. The author's books will be available at the event and at Peregrine. Location: Yavapai College Library Community Room- Bldg 19, Room 147.



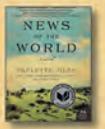
SAT NOV 16th • 11 am • SPECIAL Children's Storytime Take a Virtual Walk in the Wild with Mariana Altrichter, PhD. Mariana will give an interactive presentation of her children's book, *Playing in the Ponderosa Pines*.



SAT NOV 16th • 2 pm • Roger Naylor Reading • Arizona State Parks • Roger will read from his new book, *Arizona State Parks: A Guide to Amazing Places in the Grand Canyon State*. All attendees will receive a free day pass for Arizona State Parks!



WED NOV 20th • 3 pm • Literary Fiction Book Club • This month we will discuss *News of the World* by Paulette Jiles.



SAT NOV 23rd • 10am - 4pm • Thumb Butte Book Festival • Join Prescott Area Arts and Humanities Council, along with co-sponsors Peregrine Book Co and Smoki Museum, for Prescott's first Book Festival in ten years! Free and open to the public. Location: Smoki Museum 147 N Arizona Ave.



WED NOV 27th • 5:30 pm • Open Mic Night • Hosted by Eric Larson. Experience the spoken word!



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More information at 928.445.9000
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