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9 AM - 1 PM
VERDE VALLEY FAIRGROUNDS**



Northern Arizona Healthcare

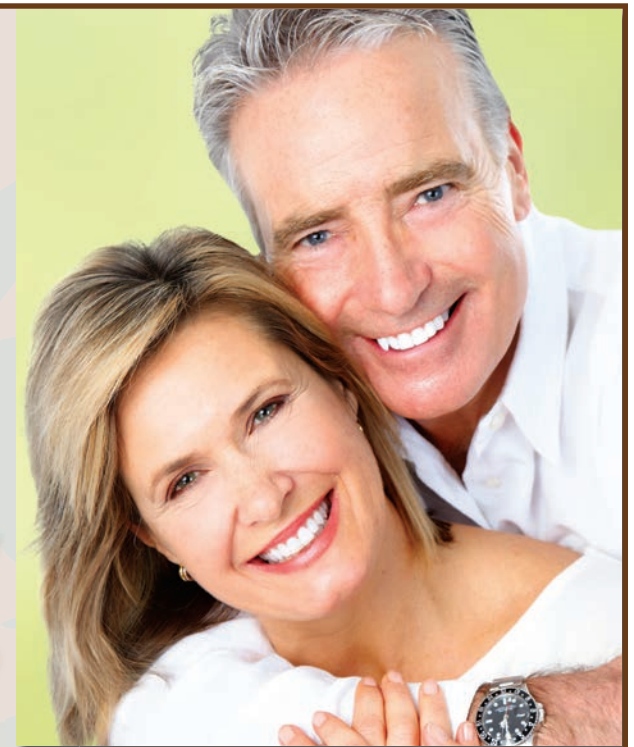
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Join the fun at 2016 Prime Time Fair

COTTONWOOD -- If you are 60 or older, you've reached that point in life where you want to take it easy, but still stay active.

Find out how May 14, 9 a.m. to 1 p.m., at the 2016 Verde Valley Prime Time Fair.

The Prime Time Fair -- focusing on the active and involved Senior 60-plus community -- will take place at the Verde Valley Fairgrounds, 800 E. Cherry St.

There is no charge to attend the Prime Time Fair, which offers free door prizes and free entertainment. This informative fair is sponsored by Northern Arizona Healthcare, AZ Care Solutions, Kachina Point Healthcare and Westcott Funeral Home.

Those attending the fair will learn about a variety of activities and services available to enhance your quality of life. You will find information booths, health experts and entertainment.

Stop in and take advantage of free hearing tests and talk with an ophthalmologist about your vision needs.

Enjoy chair massages by Verde Chiropractic. There are a lot of vendors and services to check out.

If You Go:

- What: 2016 Verde Valley Prime Time Fair
- When: May 14, 9 a.m. to 1 p.m.
- Where: Verde Valley Fairgrounds
- How Much: Free

Prime Time Fair Exhibitors

ABRIO Care
 AZ Care Management Solutions
 Buena Vista Children's Services
 Carefree Assisted Living Center
 Christ Reformed Presbyterian Church
 Cottonwood Area Transit/
 Verde Lynx
 Cottonwood Fire Department
 Cottonwood Police Department
 Cottonwood Recreation Center
 Country Care Inc.
 David Herald DDS PLLC
 Sedona Winds Retirement



Those attending the 2016 Prime Time Fair will learn about a variety of activities and services available to enhance your quality of life. You will find information booths, health experts and entertainment.

Community

Susan J. Rheem Center
 Adult Day Center of Cottonwood
 Verde Chiropractic
 Verde Hearing Solutions
 Verde Valley Caregivers
 Verde Valley Fire District
 Verde Valley Habitat for Humanity
 Verde Valley Medical Center
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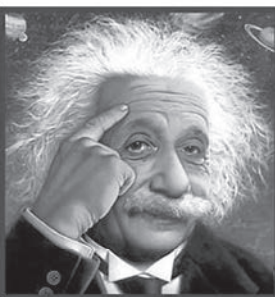


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Hip and knee replacement Q&A

Allen Boyd, M.D., orthopedic surgeon and director of Orthopedics and the Joint Replacement Program with Verde Valley Medical Center, answers some of the most common questions regarding hip and knee replacement.

Many people develop problems with their hips and knees as they age. This is a normal part of aging, but it can occur in more severe forms for some and during a time in their lives when they wish to remain active. Joint replacement is usually considered an option when all other treatment methods no longer work and a person is experiencing persistent, disabling pain. In general, it is recommended individuals get as much use as possible from their natural joints before proceeding with joint replacement.

Q: What activities are permitted after hip or knee replacement?

A: Patients are encouraged to remain active after surgery and to maintain the best health possible. General fitness improves with regular walking, cycling, swimming and other exercises that target cardio function. Most low-impact activities are allowed, including golf, doubles tennis, bowling, elliptical trainers and many strengthening programs.

Q: How long do joint replacements last?

A: The answer depends on many variables, including the patient's general health, age, activity and occupation. It is reasonable to expect a knee replacement to last 15 to 20 years; and a hip replacement to last 20 or more years.

Q: Can joint replacement surgery be re-done?

A: Yes, hip and knee replacement surgery can be repeated if needed. Revision procedures are often more complicated than the first procedure and may require more limited activities afterwards.

Q: What is the best way to navigate medical information?

A: This is the most important question and most difficult to answer. Many



Allen Boyd, M.D.

people look to the Internet as their primary information source for almost everything. It is important to recognize the complexity of sorting through this material when trying to find accurate information – and understand the difference between marketing and science. Here are some helpful tips for navigating through medical information on the Internet:

Second opinions can be very informative.

Seek information from informed sources – other physicians, patients or scientific

publications.

Check specific background of sources – individual and institutional.

Biological principles do not change; it takes time to heal from surgery.

The laws of physics apply to artificial implants – there are guidelines to follow.

If it sounds too good to be true, it probably is.

Always prepare for medical events and ask questions until you feel fully informed.

Allen Boyd, M.D., is a board-certified orthopedic surgeon and director of Orthopedics and the Joint Replacement Program with Verde Valley Medical Center, a member of Northern Arizona Healthcare. He is located in Cottonwood. Prior to relocating to the Verde Valley, Dr. Boyd served as Professor of Orthopedic Surgery and Chief of the Total Joint Replacement Service at the University of Rochester in New York. Dr. Boyd earned his undergraduate degree from Brown University and his medical degree from the University of Tennessee. He completed an orthopedic residency at Case Western Reserve University in Cleveland, Ohio, followed by a fellowship in trauma and reconstructive surgery in Switzerland and Italy. Dr. Boyd then completed a fellowship in total joint replacement at Brigham and Women's Hospital at Harvard University in Bos-

NAH keeps seniors connected to good health

Northern Arizona Healthcare's Verde Valley Medical Center offers many services that benefit seniors and others:

More PWR! Mondays

"People with Parkinson's can get better and stay better with exercise," is the premise of this interactive exercise program sponsored by EntireCare Rehab & Sports Medicine and led by physical, occupational and speech therapists. The program is open to Parkinson's patients of all stages. Patients are required to commit to all 10 days of the program, which meets the first two weeks of each month.

EntireCare - West Sedona: Program participants meet from 10 a.m. to 12:15 p.m. Monday through Friday the first two full weeks of the month at 35 Dry Creek Road. For more information, call 928-282-6775. Fax physician referrals to 928-282-2349.

EntireCare - Cottonwood: Program participants meet from 10:15 a.m. to 12:15 p.m. Monday through Friday the first two full weeks of the month at VVMC, 269 S. Candy Lane. For more information, call 928-639-6383. Fax physician referrals to 928-639-6326.

Stroke Survivors Support



Northern Arizona Healthcare's Verde Valley Medical Center offers many services that benefit seniors.

Group

The group, which is sponsored by EntireCare, is open to patients, family members, caregivers and anyone interested in learning about stroke prevention, treatment and care options. Members meet from 4 to 5:30 p.m. the first Thursday of each month at VVMC, 269 S. Candy Lane, Conference Room C. For more information, call

928-282-6775.

Family Caregiver Support Meeting

Sponsored by Behavioral Health, this meeting provides an opportunity for family caregivers to discuss issues such as grief, mourning and guilt; sleep problems; caregiver stress; depression and anxiety; and the importance of self-care

and support. The group meets from 10 to 11 a.m. every Friday at VVMC inside the Education Center, 269 S. Candy Lane, Yucca Room. For more information, call 928-300-4362.

Chat Room/Cancer Support Group

Meet with others who have experienced the journey you are on. Share their strength

and hope with the intent to encourage and empower. Sponsored by the Cancer Centers of Northern Arizona Healthcare, this support group can help you cope with the emotional aspects by providing a safe place to share your feelings and challenges and learn from others who are facing similar situations. The support group meets from 1:30 to 3 p.m. the first and third Wednesday of each month at VVMC - Sedona Campus, 3700 W. State Route 89A. For more information, call 928-204-4175.

Pre-Diabetes Group Class

Sponsored by Diabetes Education, this class meets from 2 to 4 p.m. the first Thursday of each month at VVMC, 269 S. Candy Lane in Cottonwood, Conference Room A. For more information, call 928-639-6346. Cost: \$20.

Bereavement Support Group

This support group, which is led by licensed clinical social workers, is an opportunity to share your feelings and experience with individuals facing similar challenges. All are welcome.

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HIP & KNEE

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ton. He served on the faculty of George Washington University in Washington, D.C. prior to his position at the University of Rochester. Dr. Boyd diagnoses, assesses and treats injuries to the musculoskeletal system. This includes both nonsurgical and surgical treatment of the bones, joints, muscles, ligaments and tendons. He specializes in all aspects of total hip and knee replacement surgery.

VVMC's two other orthope-

dic surgeons are Bradley Williams, M.D., Ph.D., and Brian Duggan, M.D.

Dr. Williams is skilled in clinical diagnosis and focuses on less invasive incisions and treatments, such as arthroscopy for injuries to the bones, muscles, tendons, ligaments and joints of the extremities. He is a specialist in advanced, minimally invasive techniques for repairing and treating knee, shoulder, ankle and sports injuries. In addition, Dr. Williams treats common elbow and hand ailments. He holds office hours in Cottonwood and Sedona.

Dr. Duggan specializes in sports-related injuries. He performs knee ligament reconstructions; hip arthroscopy; arthroscopic shoulder rotator cuff repairs; instability surgery of the shoulder, total shoulder replacements and reverse shoulder replacements; and total and partial hip and knee replacements. Dr. Duggan holds office hours in Cottonwood, Camp Verde and Sedona.

To learn more or to make an appointment, call 928- 649-7960.

Northern Arizona Healthcare is creating healthier com-

munities by providing wellness, prevention and medical care through Flagstaff Medical Center, Verde Valley Medical Center, Verde Valley Medical Center - Sedona Campus, Northern Arizona Healthcare - Camp Verde Campus, Northern Arizona Healthcare Medical Group - Flagstaff, Verde Valley Medical Clinic, the Cancer Centers of Northern Arizona Healthcare, Northern Arizona Healthcare Orthopedic Surgery Center, EntireCare Rehab & Sports Medicine, the Bariatric Surgical Weight Loss Clinic, the Heart & Vascular Center of Northern Arizona -

Cottonwood, the Sleep Center, Guardian Air and Guardian Medical Transport. We also provide comprehensive imaging, laboratory and pharmacy services throughout the region. Many of the services we provide receive major funding through the NAH Foundation, including Fit Kids of Arizona, The Taylor House and Valley View Care.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. "Like" NAH at Facebook.com/NorthernArizonaHealthcare.

Silver Sneakers

Cottonwood Recreation Center offers senior-friendly exercise programs

By GREG MACAFEE
Staff Reporter

COTTONWOOD – Are you someone who is looking to stay healthy, but maybe can't do certain types of activities due to wear and tear on your body or the intensity of an everyday workout is just too much?

The Cottonwood Recreation Center, 150 S. 6th St., might have just what you are looking for. The Recreation Center offers swimming, weight lifting and walking programs as well as more specific activities like pickleball and softball.

There are plenty of other activities that the Recreation Center offers on a regular schedule. One of those programs is called the Silver

Sneakers program that offers classes both in the water and in the gym.

On Mondays and Wednesdays, Instructor Roxanne Wessel teaches the Silver Sneakers Classic class. This class uses a mixture of hand-held weights and elastic tubing with handles. A Silver Sneakers ball is offered resistance as well, as you move to the beat of music through a variety of exercises.

Another class of the Silver Sneakers Program is Yoga taught by Karen Runyon on Tuesdays and Thursdays at the same time. The Yoga class consists of moving your whole body through a complete series of

ers Program is Yoga taught by Karen Runyon on Tuesdays and Thursdays at the same time. The Yoga class consists of moving your whole body through a complete series of



The Cottonwood Recreation Center's Pickleball program has become a favorite of the senior community. (VVN photo)

seated and standing yoga poses.

These poses are designed to increase flexibility, balance and range of movement. The class also helps promote stress reduction and mental clarity with restorative breathing exercises and final relaxation.

The last Silver Sneakers Program class is taught by Runyon as well and is an aerobics class that's safe, heart-healthy and gentle on the joints. The

class includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

The Cottonwood Recreation center also offers classes such as, Pilates, Shape it Up, Forever Young (a specialized fitness class for older adults), and a mixture of other yoga and Zumba-type classes that are

offered throughout the year.

A schedule for these classes can be found on the Cottonwood Recreation Center's Website.

Along with classes, the Cottonwood Recreation Center offers other activities that are geared towards Senior citizens.

"We have various pieces of gym equipment that are tar-

SEE RECREATION PAGE 7

NAH

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The group meets at 1:30 p.m. the second and fourth Tuesday of each month at Valley View Care in Cottonwood, 421 N. Willard St. For more information, call 928-634-1700.

Parkinson's Support Group

This group is facilitated by Judy Talley of the Parkinson and Movement Disorder Alliance and sponsored by Entire-

Care Rehab & Sports Medicine. Members meet from 3 to 4:30 p.m. on the second Friday of each month at VVMC, 269 S. Candy Lane in Cottonwood, Conference Room B. For more information, call 928-202-7952.

Arthritis, Fibromyalgia and Other Pain-Related Diseases Support Group

Sponsored by EntireCare Rehab & Sports Medicine, this group meets from 10 a.m. to 12 p.m. the second Saturday of

each month at VVMC, 269 S. Candy Lane in Cottonwood, Conference Room A. For more information, call 928-649-0248.

Diabetes Support Group

Sponsored by Diabetes Education, this support group is free and open to everyone who has diabetes, is at risk of having diabetes or who is just interested in the disease. Members meet from 5 to 7 p.m. the fourth Monday of each month at VVMC, 269 S. Candy Lane

in Cottonwood, Conference Rooms B and C. For more information, call 928-639-6346.

Verde Valley Better Breathers Club/A.W.A.K.E.

This support and educational group, sponsored by Respiratory Therapy and the Sleep Center, is for people with lung disease and sleep issues. The group meets from 6 to 7 p.m. the third Wednesday of every other month at VVMC, 269 S. Candy Lane in Cottonwood, Conference Rooms B and C.

VVMC Conference Rooms A and B.

To R.S.V.P., call Pamela Diffin at 928-639-5391 or Michelle Thomas at 928-639-6382, or email Pamela.Diffin@NAHealth.com or Michelle.Thomas@NAHealth.com.

For more information on Northern Arizona Healthcare programs and services, visit NAHealth.com. "Like" NAH at Facebook.com/NorthernArizonaHealthcare.

Osher Lifelong Learning Institute meets needs of 'retirement-age people'

By BILL HELM
Staff Reporter

VERDE VALLEY – In 2004, the Academy for Lifelong Learning began in Sedona when 23 men and women formed discussion groups, with a plan to teach – and to learn from each other.

Who would have thought that a gerontologist originally from Massachusetts would have seen the possibility for funding from the Osher Foundation – and a partnership now known as OLLI, the Osher Lifelong Learning Institute?

Dennis Garvey, Dean of Lifelong Learning for Yavapai College, referred back to the Yavapai Learning Institute that existed in the Prescott area as inspiration for seeking financial assistance to establish a self-directed membership organization.

"It took five months talking with the [Osher] Foundation before we were invited to apply," Garvey says. "Then they gave us \$100,000 annually for three years to get our program up and running."

Once the program was at 1000 members county-wide, "we got a \$1 million endowment," Garvey adds.

Osher Lifelong Learning Institute now has 2,047 members in Yavapai County, with 945 in the Verde Valley. OLLI, says Garvey, is a "peer-directed, peer-supported membership-based education group for older adults."

But OLLI Director Robin Weeks says the program does not turn away any age group.

Each of the past five years, Yavapai College has seen a 10-percent growth in the Osher Lifelong Learning Institute. The majority of the members, Weeks says, start by coming to a single class.

"They become enthusiastic, then they decide that they have something to offer," Weeks says. "I've had people come into my office and say 'this program is saving my life.'"

Some members of Osher Lifelong Learning Institute are facilitators, meaning they teach. Others take class-

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RECREATION

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geted to the seniors such as the new step and recumbent bikes," said Jack Teel of the Recreation Center. "We also have the Lazy River as a part of the pool, which offers a high-intensity, low-impact workout that is meant to strengthen joints."

Pickleball, which is one of the fastest growing sports among seniors, is

also offered at the Recreation Center. On Tuesdays and Thursdays between 8 a.m. and 2 p.m., the gym is set aside for just Pickleball, allowing four games to operate at one time.

The Rec Center is also in the preliminary stages of putting together a Senior League Softball Program. As of right now, the Rec. Center also hosts an Adult Softball League and a Co-Ed Volleyball League that takes place during the week at Riverfront Park.

Don't Just Make it a Workout, Make it a Lifestyle

The Parks And Recreation Department oversees city facilities and park open space areas in conjunction with providing opportunities for recreational service. Park facilities include a municipal pool, tennis courts, weight room/gym, soccer fields, softball fields, Riverfront park, Lions Park, Garrison Park, Recreation Studio and Civic Center.



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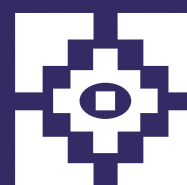


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Good food, good fun: *Camp Verde Senior Center has plenty of happenings*

By BILL HELM
Staff Reporter

CAMP VERDE - It's true that the Camp Verde Senior Center is the place where you can get a hot, home-cooked lunch each weekday at a price that can't be beat.

In fact, it's such a good deal, and such good food that the center suggests that you make reservations 24 hours in advance. The menu is posted one month in advance. Potlucks are first Tuesday of the month, so bring your favorite dish - and your own dinnerware.

Lunch includes soup, main course, vegetable, bread and coffee, all for \$6 for members, \$7 for non-members.

Of course there's more to the Camp Verde Senior Center than food. With a pool table, Mexican train, rummikub, score four, Yahtzee, bag toss, pony tail and the three c's: checkers, chess, cribbage, there's no shortage of activities to keep the juices flowing.

All these games, or play cards, dominos, even bring your own game, and play from 9 a.m. until 11:30 a.m. and after lunch until 3 p.m. each weekday.

Keeping up with modern times, the center has Wi-Fi available for anyone with a laptop or a mobile device



Camp Verde Senior Center celebrates Thanksgiving and Christmas each year with a special lunch. (Photo by Bill Helm)

SEE **CAMP VERDE** PAGE 11

OLLI

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es, which are known either as learning groups or workshops, which depends on how many sessions they meet to learn about the varied subjects, such as Self-Publishing with Amazon, Soul Recognition, Evoking the Person Within, Healing Plants of the Verde Valley, Dangerous Poetry Hikes, Philosophy and Phys-

ics of Forgiveness, Fermenting Vegetables, Introduction to the Native American Flute and Rental Property Tax Issues.

The Osher Lifelong Learning Institute in Verde Valley and Sedona focuses on collaborative leadership, member participation, peer learning and social interaction through discussion and experiential opportunities. Members discover "something they wish they had found earlier in their lives," says Weeks. "OLLI offers them

a chance to belong to something. They form friendships."

The Osher Lifelong Learning Institute offers learning groups at Camp Verde's Parks & Recreation department, at either Yavapai College's Clarkdale campus or the college's Sedona Center for Arts and Technology, or at Beaver Creek School's board room.

The learning institute is one-of-a-kind adult education program that offers a variety of opportunities for people who

don't need college credit - but love to learn.

Fees are based on how many groups or workshops a person plans to attend. For a schedule of spring 2016 learning groups and workshops, visit www.yc.edu/v5content/lifelong-learning/olli-sedona-verde/docs/olli%20sp16%20catalog.pdf.

Anyone interested in registering for classes can call (928) 649-4275 or (928) 649-5550. Or stop by the Yavapai Col-

lege Sedona Center for Arts & Technology, Room 4; or at the Yavapai College Verde Valley Campus, Building L, Room 210.

For more information about OLLI of Sedona and the Verde Valley, visit www.yc.edu/v5content/lifelong-learning. Or contact Robin Weeks at either (928) 649-4270 or robin.weeks@yc.edu.

-- Follow Bill Helm on Twitter @BillHelm42 and on Facebook at @CampVerdeBugle

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- Cancer Centers of Northern Arizona Healthcare
- Heart & Vascular Center of Northern Arizona – Cottonwood
- Bariatric Surgical Weight Loss Clinic



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Verde Valley Senior Center a lifeline for many in community

By JON HUTCHINSON
Staff Reporter

COTTONWOOD -- Often times, the senior center is the only place for older folks to go. It has become a lifeline to hundreds of senior citizens throughout the Verde Valley.

A key ingredient in the soup of services the center provides is a simple smile and a nutritious meal.

When they are living alone, "seniors tend not to eat good meals, but many people can't afford that much," said Verde Valley Senior Center Director Elaine Bremner. "When they don't eat well, their health declines."

The center -- located at 500 E. Cherry St. in Cottonwood -- provides good, hot nutritious meals in a congregate setting in the center's spacious dining room, uniquely formed from a historic former locomotive maintenance center from the Verde Valley's copper mining days.

It delivers Meals-on Wheels meals daily to the homebound.

"We serve over 65,000 meals each year to seniors who call the Verde Valley home," said Bremner.

Yavapai County has one of the highest densities of seniors in Arizona and it is always grow-

ing. Bremner said the number of meals this year compared to the past fiscal year has grown by a whopping 4,000. The center asks for a contribution of \$5 per meal, but many seniors can't afford that amount. Some of the meals are subsidized, but donations help to fill the gap, making fund-raising activities the lifeblood of the center.

The center has a commercial kitchen to produce the meals daily and a number of volunteers distribute meals throughout the Verde.

In addition to luncheon, there are plenty of activities, often clustered around the noon meal. The center provides a variety of musical offerings. Bremner says retired musicians will keep themselves active by entertaining guests at the senior center. There is music from the 30s, classical to modern jazz.

One of the most popular offerings these days are exercise classes. Stretching with Zak and Judy are very popular. They help to keep seniors toned up, so they don't waste away from lack of movement.

Verde Valley Senior Center also offers programs for fall prevention and balance seminars, lifting, emergency preparedness and home safety advice.

one to use.

Or come talk about the local issues with council members Bruce George and Robin Whatley -- both Camp Verde Senior Center members.

If you like shopping for bargains, then the center's thrift store is for you. Camp Verde's discount center offers a selec-



Nutritious meals, socialization, companionship and good old-fashioned fun are served up daily at the Verde Valley Senior Center. (VVN file photo)

Specialists also come around regularly and give blood pressure checks, hearing checks and the like.

There are also activities such as needlework and card games. Pinochle has become especially popular.

Combat veterans also have a time when they can receive counseling as well, especially needed with the number of veterans of recent conflicts.

Northern Arizona Council of

Governments offers Medicare programs to help folks fill out the forms.

Recently seniors could get help preparing their taxes. The AARP tax aide service is actually available to all ages.

AARP also provides driver's education for those who need to brush up their skills on the road. There are also special activities depending upon the time of year and special holidays.

Even seminars are held on

things like senior abuse.

Companionship is especially important. "People will die of hunger or loneliness," Bremner said. Some people never see another person until their next meal arrives.

But it takes plenty of resources. Remember when you need a tax credit, think of the Verde Valley Senior Center, contribute a few hours to deliver meals, or volunteer to help at 928-634-5450.

CAMP VERDE

From page 8

who is interested in a quiet place to surf the web. If you don't have your own computer, no problem. The Camp Verde Senior Center has three computers with free high speed internet for any-

tion of just about anything you'd expect in a thrift store. Shop before lunch -- after lunch, or if you must, during lunch. The thrift store is downstairs; say HI to Mikki, the manager.

General Membership meetings are held quarterly, the second Tuesday in March, June, September and December. Dues

are \$51 annually. In September, meeting nominations for board. The December meeting is for election and installation of officers.

Camp Verde Senior Center is located at 263 Maryvale Drive. Hours are 9 a.m. until 3 p.m. Monday through Friday. The center's thrift store is also

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-- Follow Bill Helm on Twitter @BillHelm42 and on Facebook at @CampVerdeBugle

Seniors are backbone of Verde Valley volunteerism

By TOM TRACEY
Staff Reporter

VERDE VALLEY - With the residents of Camp Verde, Clarkdale, Cottonwood and Jerome having a combined average of 53 years of age (per City-Data.com), it should come as no surprise that its civic leaders are well-represented by seniors.

And that's a good thing, because civic engagement - meaning, a citizen's participation in their community to better improve conditions - has steadily eroded over the past few decades.

In fact, volunteerism dropped over 25 percent in 2013, the lowest level since the U.S. Bureau of Labor Statistics began its data collection ten years prior.

While some say new forms of social ties (such as Facebook and ad-hoc volunteer groups) have diluted more traditional or-

ganizations, the fact remains that boards and committees continue to shape the future of the Verde Valley.

We asked seven "movers and shakers" in the Verde Valley the following three questions:

1. What compels you to take-on a leadership role in your community?

2. What are some things you are happy to have accomplished/hope to accomplish?

3. What benefits come from having life experience?

CAMP VERDE

Charlie German, mayor, Town of Camp Verde

1. "I don't seek to have a position of leadership. My response



Charlie German

has been the result of positive individuals whom I respect that have asked for me to bring my skillset to the table. I was raised to give back to people, organizations and my community in a positive way making life better for others."

2. "It is very pleasing to see how our manager and staff improve professionally and see their enthusiasm as they perform in their various positions. Being a part of a team effort in our General Plan Review, realignment of Highway 260 and implement-

'None of us get paid on this gig. I like our town. I like our neighbors. I know the game and somebody had to do it so I've been willing to do it'
-- Lew Currier, Mayor of Jerome

ing our Comprehensive Verde River Recreational Plan is of significant importance."

"I am extremely pleased to see the new NHC Camp Verde Campus. Certainly additional businesses and hopefully new housing subdivisions coming to town is very exciting. Building and strengthening our relationship with the Yavapai-

Apache Nation is a cornerstone of my administration."

3. "With experience comes the benefit of avoiding situations which became pitfalls. Certainly I view personal relationships and effective communication as paramount. My

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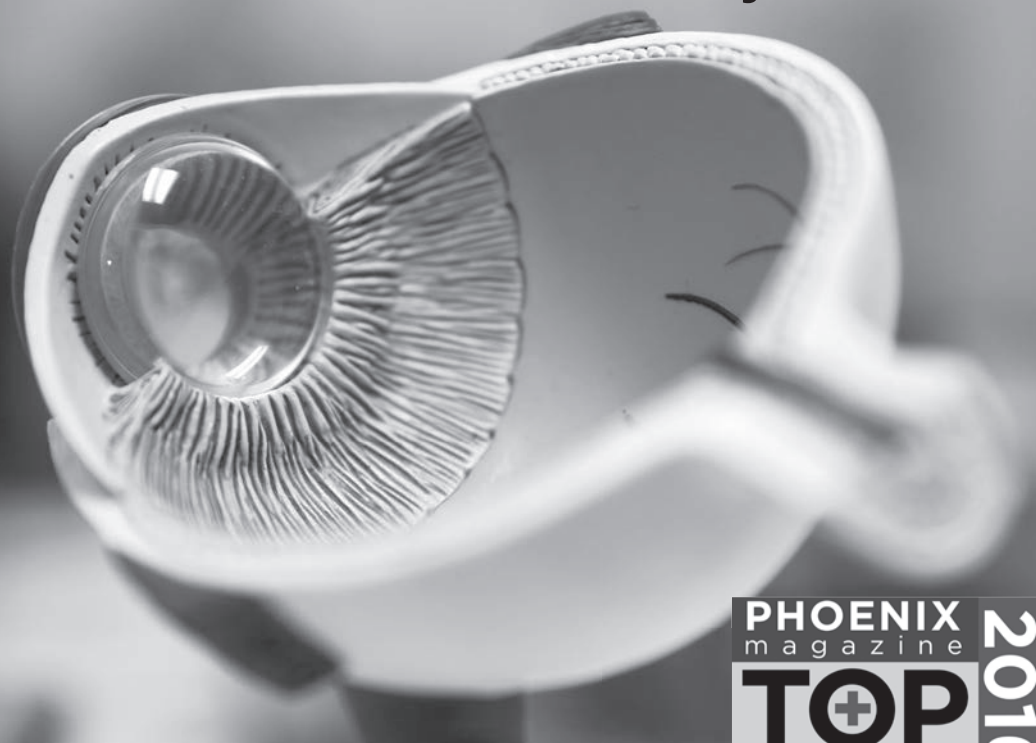
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LEADERS

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experience of serving in positions of leadership with the local fire department, school board and library boards has prepared me. Of added benefit has been having lived and worked here for so many years and developed so many treasured relationships. I have been blessed to receive comments of their confidence."

COTTONWOOD

Marie DeClue, volunteer, Verde Valley Senior Citizens Association

1. "I don't really feel that I have a leadership role, other than wanting to help make things better. It's just nice to know what's going on in the town you live in."

2. "The increase in attendance at our three events through my advertising efforts, especially Cornfest. Also, finding new vendors with different types of products."

3. "Knowing how to handle certain situations because you've been through similar ones earlier in your life."

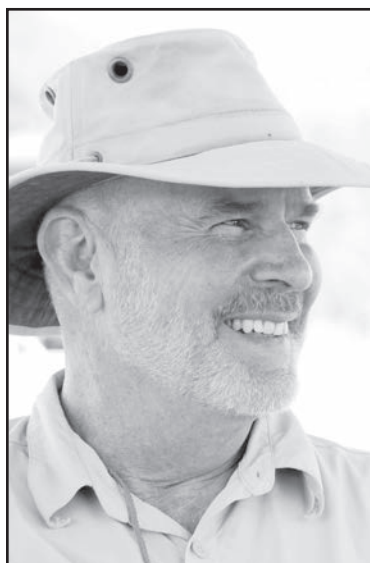
CLARKDALE

Doug Von Gausig, mayor, Town of Clarkdale

1. "The opportunity to make a positive difference in my community is why I do this job. I believe in small towns and I believe in local governance to greatest extent possible. As Clarkdale's Mayor, I can put both of these beliefs (passions?) to practice."

2. "The list of things that Clarkdale has accomplished is long. None could have been done without an unbelievable staff and a town council. The acquisition of the water utility is at the top of the list and the work we've done making the Verde River a focal point of our community (Von Gausig also serves as Executive Director of the Verde River Institute). It's always a challenge to grow responsibly and in such a way that we minimize impact to our natural and cultural resources."

"In the future, my greatest as-



Doug Von Gausig

piration is to have a beautiful, prosperous, sustainable community whose economy and lifestyle are based on small-town values and a strong environmental ethic."

3. "The most impactful lesson of 12 years as a Mayor has to be the ability (not always perfect) to understand and respect the perspectives of people who might differ coupled with the desire to seek out different opinions and understand them, is one of the hallmarks of leadership. One great example is the way Clarkdale listened and responded to concerns from riverfront property owners about increased kayak traffic."

"Another thing I've learned is to make decisions based on long-term outcomes, rather than for what's easiest or most expeditious, and on building capital, never depleting it. I have become even more devoted to adaptive, evolutionary, organic management, which recognizes that the future is always difficult to know, so it's generally best to implement policies that have the ability to adapt positively to new realities."

Bill Regner, councilmember, Town of Clarkdale

1. "Many years ago I was working out of my home office interacting only with customers and suppliers all day long. I was insulated and it wasn't healthy for me. My very wise spouse saw



Bill Regner

a newspaper ad for positions on the local government's boards and commissions. I found that I got as much or more from the experience personally as I contributed. I've never stopped being a part of every community I've lived in since that time."

2. "In the Verde Valley, I'm very proud to be a part of the community effort to advocate for post-secondary educational opportunities that are accessible and sustainable for Verde Valley students. I hope to see those opportunities continue to expand and to have locally based advocates ensuring that the necessary resources are available long term."

3. "Having experience is an important resource. Just as having fresh perspectives and ideas are. Experience helps temper ideas toward greater efficiency while fresh perspectives challenge pre-conceived notions and habitual thinking. Both are important."

"The Yavapai College Verde Valley Board Advisory Committee (Regner serves as its Vice Chair) has some members who have been interacting with the college for a number of years. We have institutional knowledge about how things might have evolved a certain way. Other members are more recent to the process and are not constrained by the past in their perspectives about what's possible for the future."



Karen Pfeifer

COTTONWOOD

Karen Pfeifer, vice mayor, City of Cottonwood

1. "When I was raising seven kids in Cottonwood, they went to the military because there were no jobs here. I don't like to see families split because they can't find jobs."

2. "While on city council, some of the things we've accomplished are parks, ballfields, a rec center - - things for youth, better jobs for youth. MATFORCE, working with Mayor Diane Joens. What I like is to see is that we are really making a difference in the area."

"It's a family affair. Whenever they needed a volunteer, my husband was great in volunteering. My great grandchildren are in the chamber, volunteering, helping with the newsletter. I bring to work everyone except the one-year-old. Even the three-year-old helps out. It's four generations."

3. "A benefit I get is I can sit back and see the difference it makes in a person's life. What got me started is I didn't have a whole lot growing-up. My mom passed away and the community helped my dad. He was raising six kids by himself. He told me, 'One of these days, you'll be in a position to give back.' That's the kind of community we've got."



Ruth Wicks

Ruth Wicks, Verde Valley Community College Citizen Advocate

1. "Compel" is an excellent word as it seems to be an inner drive set by family values and expectations plus years of working in an important and sensitive area of our community, educating teenagers. It is only natural, with the great fortune of being able to retire and having good health, that the broader community needs would become the focus after retirement. It is said that, 'We are not ask to guard a museum but to cultivate a garden' and that garden for me is the Verde Valley."

"After all is said and done I just thoroughly enjoy people and their ideas. There is nothing better than bring part of a diverse group of people and coming together to solve a problem or create an avenue for growth. There are so many good leaders and wonderful citizens in our various parts of the valley and I fortunately get to know and work with these talented individuals for the betterment of all our communities."

2. "Most groups I work with have a great esprit de corps, which was so evident in the Yavapai College Foundation's Greater Verde Valley Chapter;

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LEADERS

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the founding and maintaining of Mingus Union High School's Foundation, 'Mingus Connection'; the work of Clarkdale/Verde Kiwanis in regards to the "To Clothe A Child Program" and 'Leap for Literacy' and helping with the formation of the Verde Valley Community College Citizen Advocates. Until this group came into existence few knew of the inequities and lack of accessibility of post education in the Verde Valley.

3. "Hopefully, a deeper respect for individual views and limitations. An example from recent experience of new benefits learned is the structural change in the Advocates group. Better minds have step up to refocus the group, creating a new mission and focus areas. This is not my mode of operation but one that I have come to respect and to learn the benefits of this approach."

JEROME
Lew Currier, mayor,
Town of Jerome

1. "I've lived in Jerome for 45 years. I've worked on the town crew, been the town clerk, ran a bus system for the town, worked on the fire department for seven years. I ran a restaurant for years. I know the town government pretty well. Several years ago, I started running for council two terms and then sat it out. Then we had a situation where not a lot of councilors wanted to run, so those of us who served before thought we'd better step-up."

"None of us get paid on this gig. I like our town. I like our neighbors. I know the game and somebody had to do it so I've been willing to do it. I'd been doing accounting for many years. It's good to have someone on council who understands a



Lew Currier

balance sheet. That's my story and I'm sticking to it."

2. "We have a very good management program. We had a lot of trouble with managers over the years but now we've got pretty good top notch people. We put in a new water tower, done sewer upgrades, we're working hard on our infrastructure and it's improving. Many things have not happened that I wanted to have happen, with the wall, the plumbing. We've made some good strides and my focus is on finishing."

3. "It's been a lot of fun. I feel I've done a decent job. I think that's the sense of it, I think I have a feeling that I've done a decent job. I haven't made too many mistakes and things are a little better."



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