Welcome Mary Mallory,
Appointed Supervisor to District 5

Mary Mallory joined the current Board of Supervisors when she was appointed on July 15, 2019 to fulfill District 5 Supervisor Jack Smith’s term upon his resignation. Mary has an extensive managerial background as well as political experience that will benefit not just the employees, but all the citizens of Yavapai County.

Most recently, Mary served as a Councilperson for the Town of Prescott Valley for 8½ years after being elected to that position in 2011. While in that role, Mary also worked in a supervisor capacity for Sprouts Market as Head Cashier and Bookkeeper from 2015 until her appointment to the Board.

Mary and her husband, Kirk relocated to Yavapai County when Mary received a job transfer from the Albertson’s in Palm Springs, CA to the store in Prescott Valley about 20 years ago. In total, Mary worked for Albertson’s for 25 years. At the time of Albertson’s closing in 2015, she was acting in the capacity of Customer Service Operations Manager. Prior to that, Mary was the Operations Manager for Farmers and Merchants Bank in Long Beach, CA for about 15 years. Not one to be idle too long, Mary also attended real estate school and received her professional real estate license in 2016.

On a personal note, Mary and Kirk have been married for 26 years, after meeting each other two years’ before. Mary describes their “blended” family together as having four sons and nine grandchildren. Proud of all of them, two of the sons joined the Army after the 9/11 attacks and while one has recently retired, the other is still actively serving. Their other two sons live and work in the San Diego, CA area. Mary and Kirk are also the proud owners of a beautiful Australian Sheppard pup named Ivy and take her with them everywhere they can. The Mallory’s share a love of travel and do most of it by train which allows them to see the Country by rail which is a great experience, one they highly recommend to others. When not vacationing, they love to ride their mountain bikes and hike the local areas. They both are committed to, and active within, their community.

One of the many things Mary was instrumental in achieving while a Councilperson for Prescott Valley, and one that is close to her heart, was bringing the concept of the Healing Field to fruition in September 2012. What started out with 1500 Flags, grew in 2019 to a week of Patriotic Programs and 3000 flags representing those lives lost in the 9/11 attacks.

When asked about something that people might be surprised to know about her, she said she is a celebrity magnet and has had the opportunity to meet Walter Matthau, Cheech Marin, Julius Erving (Dr. J), Barry Manilow, Lily Tomlin, Peter Frampton, and many others while living in both California and Arizona.

If you see Mary out and about in your departments, don’t hesitate to go up and introduce yourself, she would love to meet you and say hello.

Welcome to Yavapai County Government Mary Mallory!!!
We’re glad you’ve joined us!!!
If you think you have seen some new faces in Human Resources, you are right. We have two new members of our team!

Rebecca Muniz, Human Resources Specialist for Benefits
Rebecca recently joined the HR department in July 2019. She has an extensive HR generalist background and was Branch Manager for Elwood Staffing in Prescott for over 10 years. Rebecca and her husband, Tom, have two sons and have been active in the community for many years. Rebecca is also a Licensed Real Estate agent.

Lise Ellison, Human Resources Specialist for Recruitment
Lise joined the HR Team mid-August 2019. She has over 25 years of experience, most recently as a senior HR executive for a manufacturing company. She and her husband recently relocated to Prescott Valley from Southern CA. She is a very crafty lady and enjoys beading, creating beautiful jewelry, knitting and crocheting in her free time.
Yavapai Combined Trust (YCT) has a new Health and Fitness Coach, Desiree Lewis, from the Wellness Council of Arizona. Desiree is a seasoned health coach who has helped thousands of people reach their health and wellness goals with over 20 years of experience. She earned her Bachelor of Science degree at Arizona State University and her Master of Arts degree in Professional Counseling from Argosy University in Phoenix. She has an extensive background in the health and wellness industry and holds several certifications including Personal Training, Yoga Instructor, Pilates Instructor, and Group Fitness Instructor. She holds a more than 600-hour certification as a Mind-Body Practitioner and is skilled at teaching meditation techniques. She earned her Master's level certification in Health Psychology from Grand Canyon University in July 2019.

She is passionate about creating holistic programs that address the mind, body, and spirit to improve the quality of life for all of her clients and the communities in which they reside.

To schedule an appointment with Health Coach Desiree please use the following link: [https://welcoaz.as.me/county](https://welcoaz.as.me/county)

All appointments are scheduled in 20-minute intervals between 9:00 AM and 1:00 PM.

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(For questions or problems with scheduling please call 520-293-3369)

All Health Coaches work for the Wellness Council of Arizona to serve the health interests of employees. All information shared with them will be kept confidential and will not be shared with any management personnel or any other employees.
Adult Probation Officer

Jon Newman

Receives Officer of the Year Award

Jon Newman, Yavapai County Adult Probation Officer, was presented with the 2018 State-wide Line Officer of the Year Award on September 26, 2019 at the Probation Employee Recognition Training Event in Phoenix, AZ by The Arizona Chief Probation Officers’ Association.

Officer Newman was among a total of 16 nominees throughout the state, which included Adult and Juvenile Probation Departments. Yavapai County has had the privilege of Jon’s service for 11 years. Jon is a veteran, having served in the United States Marine Corps. He began his probation career as a Detention Officer in Juvenile Probation. As an Adult Probation Officer, Jon has held several roles and positions, including Surveillance Officer and Probation Officer, overseeing a variety of different caseloads. Jon has been a Moral Reconation Therapy (MRT) facilitator for 10 years, winning the MRT Facilitator of the Year Award in 2016 for his dedication and compassion for his MRT participants. He has been a Defensive Tactics instructor for the last six years.

Congratulations, Jon!

Newly Licensed Public Fiduciary

Rachel Pearson

On September 5th, the AZ Supreme Court’s Fiduciary Board approved Rachel Pearson as a licensed fiduciary. Rachel completed one year of on-the-job training, and passed the court’s licensing exam and background check. Public Fiduciary is proud of Rachel and her outstanding service to our wards!
From the County Recorder’s office...

It is always heartwarming to know there are citizens beyond Yavapai County that believe our history is worth preserving. We received this official 1902 ballot from a lady in California. She found the ballot while going through some of her father’s old belongings and mailed it to our office.

This historical item is cloth with the original writing in pencil. The document is now framed and proudly displayed in our lobby for all to enjoy with a plaque that reads: “Official Ballot for Yavapai County, November 1902. Placerita Precinct was in the Walnut Grove District. The town of Placerita, Arizona was a small gold mining town from the late 1800’s to the 1900’s. It is now a true “ghost town,” as the only evidence remaining are the remnants of one small building.”

YCT survey winner...
Anthonette Garcia

YCT sent out a survey to all members, requesting input and feedback on the Wellness Program in September. Participants who completed the survey and provided their name, were entered into a drawing for a $100 Amazon gift card. Anthonette Garcia from the Superintendent of Schools office was the winner.

Anthonette (left) receives Amazon gift card from Health Coach, Desiree Lewis (right)
The week of August 4th was National Health Center Week across the country, and the Community Health Center of Yavapai (CHCY) celebrated 17 years of serving local communities by dropping off baskets filled with popcorn to numerous county departments. The goal of National Health Center Week is to raise awareness about the mission and accomplishments of America’s health centers. The theme for this year’s National Health Center Week was “America’s Health Centers: Rooted in Communities.” CHCY used this opportunity to spread the word to County employees about the work that it is doing to increase access to integrated health care services that are based on the unique needs of Yavapai County’s residents. Like most health centers nationwide, CHCY’s health centers are located within areas of high need, provide a comprehensive set of services, are open to everyone, and have a patient-majority governing board.

CHCY’s story began in 1993, when three local nurses conducted a research project for their bachelor’s program. They discovered a severe lack of medical services in the Prescott area for those who were low-income and did not have insurance. By 1994, these three nurses had set up a not-for-profit organization called the Prescott Free Clinic, Inc. The clinic’s purpose was to provide medical services to patients who were low-income or did not have insurance. The clinic was open two evenings per week and staffed entirely by volunteers. After seven years, the demand for services was too great to be met through a part-time volunteer-based operation; so in 2002, Prescott Free Clinic entered into a partnership with Yavapai County to form the Community Health Center of Yavapai.

For 17 years, CHCY has been providing comprehensive, integrated primary health care to all patients, regardless of insurance status or ability to pay. In 2018 alone, CHCY served more than 13,000 patients, of which 41 percent were uninsured. In addition to primary care medical and dental services, CHCY is proud to offer behavioral health, pediatric, and reproductive health services.

If you would like to learn more about CHCY, visit their website at CHCY.org. Also, be on the lookout for National Health Center Week next year when CHCY will celebrate with special events at each of their three locations in Prescott, Prescott Valley, and Cottonwood.
Welcome to the Holiday season, that whirlwind of gift giving holidays, marketing blitzes, holiday parties and activities galore that begin right after Halloween, builds to Thanksgiving and continues to gain momentum through the end of the year! While this season is meant to bring feelings of love and cheer, it is also the harbinger of holiday season stress for many. In fact, a poll conducted on the website VeryWellMind, found that more than 80% of people find the holiday season to be ‘somewhat’ or ‘very’ stressful.

Here are some tips you can try to help reduce holiday stress before it begins so that it doesn’t become overwhelming.

SET YOUR PRIORITIES
Before you get overwhelmed by too many activities, it’s important to decide what traditions offer the most positive impact and eliminate the others. Pick a few favorite activities and skip the rest.

BE SMART WITH HOLIDAY EATING
During this time of year, there is so much temptation in the form of delicious food and decadent desserts, when added to emotional stress, it can lead to overeating, which can make you feel tired and run down.

CHANGE YOUR EXPECTATIONS FOR TOGETHERNESS
With family and friends, it’s important to be aware of your limitations. Try limiting the number of parties you attend, or at least the amount of time you spend at each.

When dealing with difficult relatives, it’s okay to set limits on what you are and are not willing to do. For those who experience loneliness during the holidays, consider inviting a group of friends to your home. Or you can volunteer to help those less fortunate.

TAKE SHORTCUTS
If you can’t fathom the idea of skipping out on giving baked goods to people, but don’t have time for baking, buy them from a bakery instead. Find ways to keep the activities that are important to you and simplify them to reduce stress.

SET A SCHEDULE
Writing down your plans on paper can show you how realistic they are. Start with your highest priorities, so you will be able to eliminate the less important activities. Be realistic and be sure to schedule in some down time and exercise time to help manage stress.

BREATHE
Though this sounds like a no-brainer, sometimes we forget to take deep breaths and really give our bodies the oxygen it needs. Try to visualize that you are breathing in serenity and breathing out stress.

(source: Elizabeth Scott, MS, VeryWellMind, April 2019)
On October 31st, you may have seen a few more “characters” than usual around Yavapai County! Here’s some of our employees and their great costumes!

Why it’s Snow White and the Seven Dwarfs at the Prescott Valley health clinic!
Teri Bradshaw, Diane Cesena, Gabi Benavides, John Pettingill, Juanita Garcia, Michela Hardin, Sherry Castro, Lizeth Tamayo, Paul Bahlinger and Rose Valencia.

M&Ms in Finance!
L-R: Beth Cross, Debra Sparkman, Mary Doren, Susan Shell, Cynthia Gomez and Mary Smith.
Front: Amanda Brotherton
Some familiar characters at the Cottonwood health clinic: Jocelyn Salas, Pat Miner, Kara Block, Tarin McGuirk, Raquel Chavez, Bethany Higgins, Amber Bahm, Traci Hestand, Kelsey Raoult, Samantha Johnston, Leilany Padilla, Livy Madrid and Tammy Mitchell.

Prescott Public Works showing their Halloween spirit! (L-R): Micki Johnson, Kathryn Turney, Dori Ellison, MaryAn Sala, Lisa Brown, Mary Ellen Shertzer, Kate Rodd, Joe Huot
Prescott Valley CHCY crew Mary Paladini, Brianna Guerra, Elizabeth Torres, Mary Carmen Torres, Katelyn Gilkey, Ginni Osborn, Lauren DeFore, Marie Bohl, Elisha Stevens, Stephanie Messerly, Melissa Zepeda, Adrianna Skiles, Maria Abonce Garcia, Alicia Low and Jonathan Pacheco.

The **Real ID Act**, passed by Congress in 2005, established minimum security standards for state-issued driver’s licenses and identification cards. It also prohibits Federal agencies from accepting licenses and ID cards from states that do not meet these standards for official purposes; including boarding federally regulated commercial aircraft and accessing Federal facilities.

**After October 1, 2020, the Transportation Security Administration (TSA) will not accept the standard Arizona Driver’s License if you plan to travel by plane.** It is critical that you trade in your old license for a new federally approved one before TSA turns you away from your flight, or you attempt to enter a federal building. **So, what do you do?** You can apply for a new Travel driver’s license or identification card following these steps:

1. **Application**
   - Visit AZTravelID.com and complete the Travel ID application

2. **Schedule appointment at an MVD office, or go anytime to an Authorized Third Party Driver License offices (most are open on Saturdays)**

3. **Bring the following original identification documents:**
   - 1) Birth Certificate or U.S. Passport (to establish legal presence)
   - 2) Social Security Card or W-2 form (to confirm Social Security info)
   - 3) Two documents with your current address, such as bank statements or utility bills (to confirm proof of residency)

4. **Photo**
   - Then go to the MVD or a Third Party Officer, check in and get your photo taken

5. **Review Application**
   - Review your identification documents (bring your originals) and your application with a service representative

6. **Payment**
   - $25 for Travel ID (valid for 8 years, in most cases)

7. **Watch Your Mail**
   - Allow up to 2 weeks for Travel ID delivery
First of all, **CONGRATULATIONS** to Jackie Lively from Prescott Consolidated Court, for winning the Back page Puzzle in the last issue. It’s the time of year when there are lots of treats to be had. Search the puzzle below for names of **Cookies** from around the world to satisfy your sweet tooth! Enter for a chance to win a special prize. Send your completed results to Amy Ness in Human Resources for your chance to be entered into a drawing.

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