



Mingus Union
High School District #4

FEB '24

MINGUS MATTERS

PAGE 1

Every Student Celebrated | Every Student Prepared

Dear Marauder Families,

I hope you all enjoyed your winter break and took some time to rest amid all the festivities!

February is the month when we continue with all the great progress of the current school year while looking toward the upcoming school year. Future freshmen will visit our campus and participate in our transition program, Marauder for a Day! We also host an evening event, Future Freshmen Night, for all incoming freshmen and their families. This is our opportunity to highlight the courses and clubs we have available to our students.

All current rising sophomores, juniors, and seniors will participate in course selection this month. Course selection is a critical process for our students as they plan for the future. If you or your student have any questions about course selection, please reach out to your student's counselor.

Are you a parent or guardian looking to be more involved at Mingus? Have you considered joining Site Council? Site Council is a group of administrators, teachers, and parents that identify ways to support the school community. By providing leadership, direction, and support, we define school priorities and implement ways to improve them. Site Council is about tailoring the Mingus Union High School experience to the specific needs of our students and our community. Our next meeting will take place on Tuesday, February 20th at 5:15pm in the MUHS Library.

Mrs. Lyons and the student council attended the Arizona State Student Council Convention last week. We appreciate their leadership!

ATORT is ready to rock! "Rock of Ages: Teen Edition" is showing in the Mingus Auditorium from February 3rd through the 11th. Tickets are \$8 for Students, \$12 for Seniors, and \$14 for adults. Tickets are \$3 more at the door, so buy early and save! ATORT also presents their fundraising event - Patchwork dinner and variety show - on March 1st and 2nd in the cafeteria. Patchwork is a fun event full of student talent! We hope to see you there.

Parent Teacher Conferences take place on February 15th and 16th. Mingus will operate on a half-day schedule allowing plenty of time to connect with our Mingus families. Advisory teachers will send information in the days to come, so please be sure to check your email and your messages. We look forward to talking with you about your student's progress. We appreciate your partnership!

As always, it is busy, busy, busy around here with hallways, classrooms, fields, courts, and auditoriums bursting with student energy. February is the month of Love, and we love our Marauders and our Marauder families.

Thank you for choosing us.

February Dates to Remember

February 3, 4, 8, 9, 10 & 11
"ROCK OF AGES"
presented by Mingus A.T.O.R.T.
*More Information on PG 6

February 7
Future Freshman Night
6 - 7pm
*More Info on PG 3

February 8
Governing Board Meeting
6 - 8pm - MUHS Library
Regular Session
*More info on page 2

February 15 & 16
Parent Teacher Conferences
Early Release Schedule applies
12:45 Release

February 19
Presidents' Day
No School

February 20
School Site Council Meeting
5:15pm - MUHS Library
*More Info on PG 2

February 23 - March 2
Project Prom Closet
*More Info on PG 3



Genie Gee
Principal and
Treasure Hunter
Mingus Union High School



CAMPUS EVENTS & RESOURCES

MUHS COMMUNITY CALENDAR

Today's families are busy, and there's always something happening. Sync your family schedule with ours to avoid missing important testing dates and events when planning vacations and doctor appointments.

CLICK

FEBRUARY 8TH @ 6PM MUHS GOVERNING BOARD

Our governing board is comprised of five locally elected citizens. These individuals ensure the proper allocation of district funds and resources to best serve the needs and interests of our students.

Meetings are open to the community and are held at 6pm in the MUHS Library on the Second Thursday of every month.



SCHOOL SITE COUNCIL MEETING

Tuesday, February 20th
5:15 pm ~ MUHS Library

For more information visit:
https://www.mingusunion.com/Site_Council



M a r a u d e r s

“good things ahead”

prōject *prom* Closet

formal wear
for ALL Northern
Arizona high school students!

- Friday, February 23rd
 - 2:30 - 6pm
- Saturday, February 24th
 - 10a - 1pm
- Friday, March 1st
 - 2:30 - 6pm
- Saturday, March 2nd
 - 10a - 1pm

Mingus Union High School
1801 E Fir Street, Cottonwood
Enter West Parking Lot
(Camino Real)

Dresses in a variety
of sizes and colors

Menswear: Suits and
Jackets, Slacks,
Vests, Cummerbunds,
Bow Ties & Neckties

Jewelry & Accessories
Dress Shoes

FUTURE FRESHMAN NIGHT

open house for all future freshman and their families on Thursday February 7th from 6:00pm to 7:00pm. The Class of 2028 will get information about clubs, sports and extracurricular activities offered at Mingus. Families will be able to walk around, tour campus and meet the staff.

Feb
7th



JOIN OUR TEAM

Mingus Union High School District actively seeks highly qualified, dedicated employees to work in our district. We offer competitive salaries and benefits as well as a collaborative and supportive working environment.

for a list of
ALL available
positions, go to:
<https://bit.ly/MUHSEmploy>



Instructional Aide - Special Education

Position Type:
Support Staff/Special Education Assistant

Date Posted:
12/13/2021

Location:
Mingus Union High School

Career and Technology Teacher - Welding Program

Position Type:
High School Teaching/Industrial-Technology Education

Date Posted:
9/5/2023

Location:
Mingus Union High School

Welding Aide

Position Type:
Support Staff/Instructional Assistant

Date Posted:
8/2/2023

Location:
Mingus Union High School

Science Teacher

Position Type:
High School Teaching/Science - Physical Science

Date Posted:
8/19/2021

Location:
Mingus Union High School

MINGUS UNION HIGH SCHOOL BUS DRIVERS NEEDED



TRAINING AND SIGN-ON BONUS AVAILABLE
FLASHY COMPANY CAR
FLEXIBLE HOURS



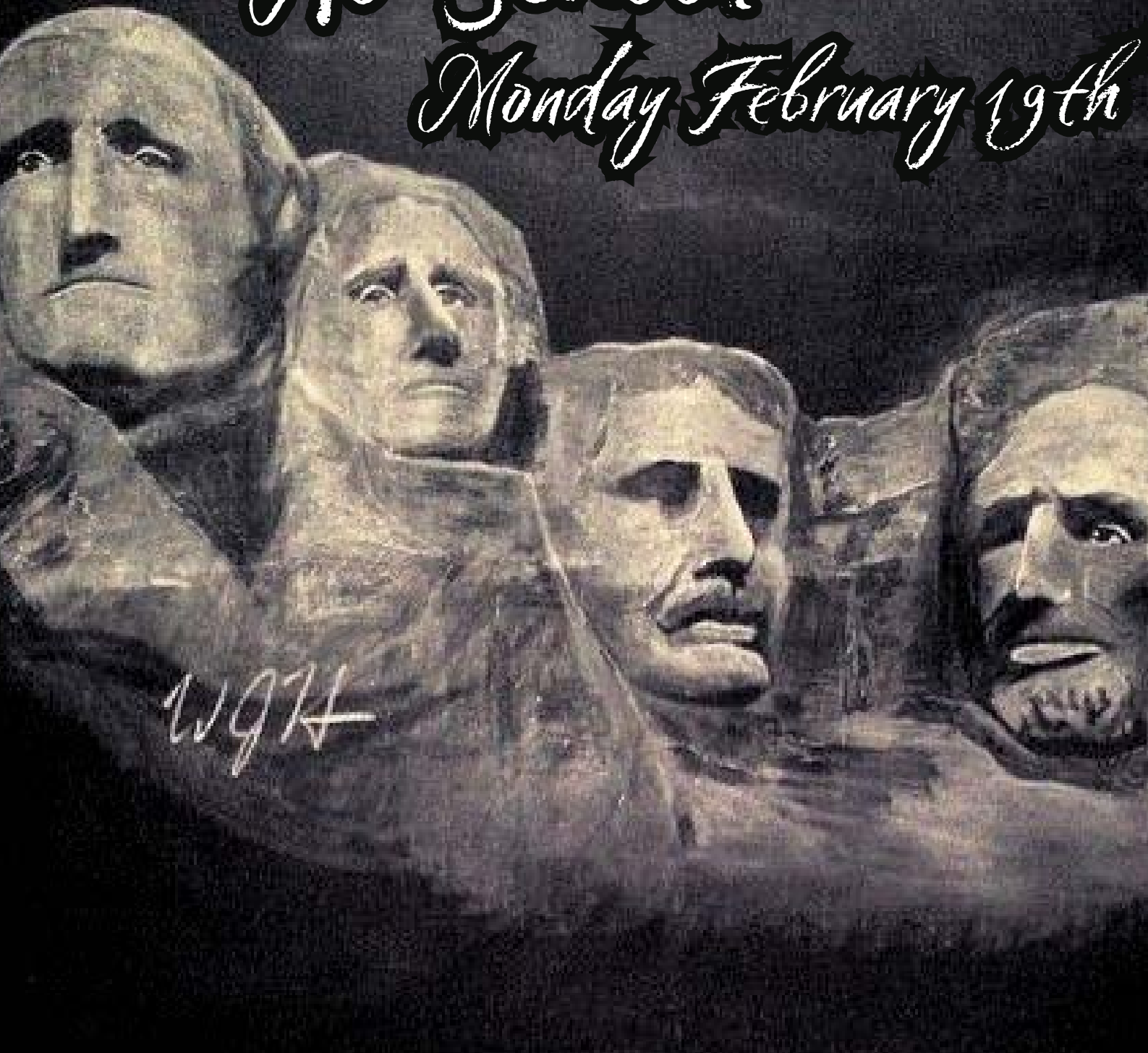
If you think you would be a good fit in our educational environment and meet the requirements for a posted position, we welcome your application.

Visit: https://www.mingusunion.com/Human_Resources





*President's Day
No School
Monday February 19th*



W974





MINGUS A.T.O.R.T. PROUDLY PRESENTS

Get ready to ROCK with ATORT!



Book by **Chris D'Arienzo**
Arrangements and Orchestrations by
Ethan Popp

Tickets on sale at
atort.ludus.com
Adult - \$14, Seniors - \$12
Students - \$8
All tickets \$3 more at the door

Special sing-a-long
Performance
Thursday, February
8th at 6:00pm
\$10 General
Admission

Showing in the Mingus Auditorium

Saturday, February 3rd at 6:30pm
Sunday, February 4th at 3:00pm
Friday, February 9th at 6:30pm
Saturday, February 10th at 6:30pm
Sunday, February 11th at 1:00pm

ROCK OF AGES: TEEN EDITION is presented by arrangement with Concord Theatricals. www.concordtheatricals.com

ATORT is ready to rock your face off with the hit musical, "Rock of Ages: Teen Edition". It's the tail end of the 1980s in Hollywood. Aqua Net, Lycra and Heavy Metal flow freely at one of the Sunset Strip's last legendary venues, a place where legendary rocker Stacey Jaxx takes the stage and groupies line up for their chance at an autograph. Amidst the madness, aspiring rock star Drew longs to take the stage as the next big thing and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes. However, this rock 'n' roll fairy tale is about to end when German developers sweep into town with plans to turn the fabled Strip into another capitalist strip mall. Can Drew, Sherri and the gang save the strip - and themselves - before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake and more can hold the answer.

The teen edition has been modified for content and rated "no special cautions" by the publisher. It is appropriate for middle school children and older.

"Rock of Ages" features a cast of 32, a live rock band on stage, and a crew of over 40 students working to bring you the high quality entertainment ATORT is known for. With award-winning choreography by Carla Renard, award-winning Director/Producer James Ball, and Assistant Director/Sound Designer, Stephen Renard - we are ready to bring you this hysterical musical with the tunes we all know and love! Join us for a Special "Sing-a-long" performance on Thursday, February 8th at 6pm if you want your chance to shine in the auditorium!





SENIOR SPOTLIGHT

Charisma Benda



Charisma is the Student Body President at Mingus and wants to become a nurse when she graduates. She is part of the VACTE CNA program, the Mingus Spirit/Cheer team and is the Mingus Blood Drive Coordinator. Charisma has played softball and volleyball at Mingus, has participated in the theater program and is currently part of link crew. She believes all these things have helped her get out of her comfort zone and become the person she is today. Her best high school memory is being able to pie Mr. Ball at the pep assembly. Her advice for freshman students is to study every night, even if it is looking over their notes for 5 minutes. In her free time, Charisma likes to play with her dogs and hike outdoors. Her teachers described her as a hardworking, dedicated, humble and kind student who embodies Marauder pride.

STAFF SPOTLIGHT

Jason Teague Visual Arts Teacher & Instructional Coach



Jason is a Visual Arts Teacher and Instructional Coach at Mingus. He graduated from Mingus in 1994 and has worked as a MUHS teacher for 14 years. After graduation Mr. Teague worked on perfecting his artmaking skills and later made the decision to become a teacher. He likes working with students every day to help them create high quality, personal and engaging works of art. When his students lack motivation, he encourages them to not doubt their ideas or technical ability, and just create. He believes art is not about doing something perfectly, but about expressing yourself at that moment in your life. He believes that if you are working to improve, you are doing everything right. His constant encouragement not only applies to students, but to the MUHS faculty as well. Jason works with teachers to help them improve and grow through the AVID program. Mr. Teague has been nominated as the Yavapai County Teacher of the Year on three different occasions and has helped build an award-winning art program at Mingus. In his free time Jason plays Bass with his reggae band, Local Honey. He enjoys kayaking the Verde River, camping with his wife, and playing Dungeons and Dragons.





MARAUDER of the MONTH

TEACHERS & COACHES ARE ASKED TO NOMINATE STUDENTS IN THE ART, C.T.E. AND ATHLETICS DEPARTMENTS. THESE STUDENTS ARE THEN VOTED ON AMONGST THOSE TEACHERS & COACHES TO CHOOSE FINALISTS TO RECOGNIZE EACH MONTH. THESE STUDENTS ARE HIGHLIGHTED IN OUR NEWSLETTER, ON SOCIAL MEDIA AND INVITED TO RECEIVE RECOGNITION IN FRONT OF OUR COMMUNITY AT THE FOLLOWING MONTH'S BOARD MEETING.

WE ARE SO PROUD OF OUR MARAUDERS!



Brooklyn Colvin

Brooklyn encompasses everything that you would expect from a student artist. Brooklyn is a bright light of positivity that is infectious when she walks into the classroom and is a consistent point of support to her peers within the classroom. She is dedicated to the creation of her artwork and will spend hours outside of class perfecting her craft to capture her creative vision. Most impressive is how Brooklyn has already found her own artistic style and voice. It is this combination of traits that pushes her to create artwork that is engaging and reflective of her life experiences.

~ Mrs. Teague



Brayden Lynn

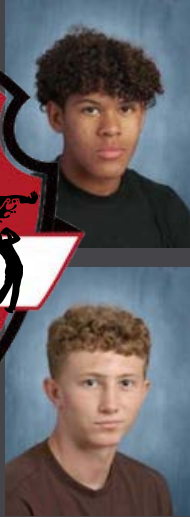
I have had Brayden in all 4 years of Digital Filmmaking class. He is dedicated, enthusiastic, and very driven towards his goals in Film. Brayden is a remarkable student, who has always taken any role seriously, and is passionate about his results. He is a natural leader and works hard. He is a team member, especially in Film Club, where working in groups on community service videos. He has an effective personality and is proactive at getting full involvement of all other Film Club or Digital Film Class members to derive their best results possible. I have the deepest personal and professional respect for Brayden. I sincerely believe that he will bring his unique energy, optimism, passion, and tireless drive to obtain his goals, he has my highest endorsement.

~ Mrs. LaFrance



MARAUDER of the MONTH

Koby De La Haye & Elias McKean



Elias and Koby remain undefeated. This is a major accomplishment as each one also grappled against undefeated adversaries. In the heat of the battles both displayed extraordinary athletic skills. The crowd went insane when Koby, with his piercing eyes and powerful build, lifted his opponent in the air and accidentally returned him back to earth with intensity. Elias like a crafty Ninja dominated his challengers with devastating accuracy. His shots were like poetry in motion. They both demonstrated that they are men of strength and mighty valor. The journey is more important than the victory. The journey takes time, preparation, and planning. Our program teaches them intensity, focus, discipline, goal setting, determination, perseverance, sacrifice and how to overcome challenges. These are the characteristics they need to be successful on the mat, in school and in the workplace. These are values that will help prepare them for whatever life sends their way.

~ Coach Chagolla



Alice Kinsey

Alice leads the team in Rebounds. Most of her rebounds are offensive rebounds which lead to second-shot opportunities and have helped the team average over 60 points this year. She is also ranked in the top 10 at number 9 in the state for double-doubles scored this year. I believe that this is a great accomplishment and is one of the players that has played a huge role in their success this year.

~ Coach Hoke



Jahir Hernandez

Jahir is an athlete who always comes to practice ready to give 100 percent. His attitude is always encouraging of the other players, he provides other players with advice and direction to improve on their skills. He has taken a lead role in helping train the other goalie. He has come to every game with a positive upbeat attitude and has always given 100 percent effort during the games. He has been able to juggle soccer, schoolwork (college Level) and a full-time job while still giving 100 percent at all of them.

This is an outstanding athlete and role model.

~Coach Peck



All current athletic events, team schedules and coaching information are posted to the [athletics page](#) for quick viewing. You can also subscribe to the [calendar](#) and receive daily emails by clicking the link below, then subscribe in the top right corner.

***Schedules are subject to change, so check often or call the athletic department for more info!**



WINTER SPORTS SCHEDULES HERE

CLICK ON THE ICON BELOW TO BE TAKEN TO THAT SPORT'S SCHEDULE



CONGRATULATIONS TO OUR 4A WINNERS AND HONERABLE MENTIONS!

2023/2024 - Mingus Football

4A Grand Canyon Region

1st Team All Region

Mario Camacho – Defensive Backs

Isaiah Lathon – Defensive Lineman

Niklas Choate – Offensive Lineman

2nd Team All Region

Clay Bowers – Defensive Lineman

Elias Calandra – Linebacker

Max Leckington – Receivers/Tight End

Honorable Mentions

Clay Bowers, Seth Brueland, Hyatt Cannon, Koby De La Haye, Jose Felix, Michael Grijalva, Jahir Hernandez, Dylan John, Max Leckington, Xavier Machado, Kaden Islas, Ethan Montiel, Aiden Moody, Rylan Ralston, Matthew Rodriguez, Eduardo Santiago, Isaac Sena, Reigns Stokes, Xavier Thompson, Noah Wolowice

Well Done, Marauders!

2023/2024 - Mingus Volleyball

4A Grand Canyon Region

All Region 1st Team:

Makela Martinez – Setter

Honorable Mentions

Payton Budd & Selin Tufte
Kyah Pinion-Thompson



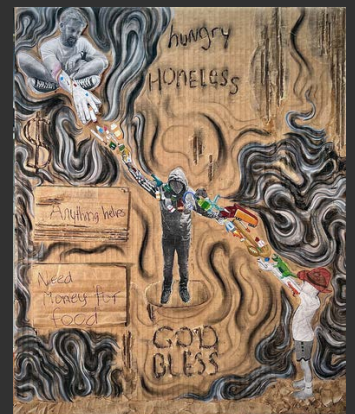
MUHS Visual Arts Department:

Art in the Clark presented Mingus Photography guided by the skilled instruction of Oouida Dorr throughout the month of November. It was a fascinating look into the lives of our teens and what they find worthy of attention.



[Click here for a video of the display!](http://clarkmemoriallibrary.org/video/muhsphoto2023.mp4)
<http://clarkmemoriallibrary.org/video/muhsphoto2023.mp4>

Fifty-four MUHS students will be displaying their artwork in the Verde Valley Young Artists' Showcase. The exhibition, held at the Patty McMullen-Mikles Art Gallery in the Yavapai Collage, Clarkdale Campus, will be open to the public on Tuesdays, Wednesdays, and Thursdays from 10:00am to 3:00pm until Thursday, February 8th. This is a high school juried exhibition where students can experience the submission and jury process, as well as the dynamics of presenting their work in a Fine Art Gallery. Scholarships will be awarded for a visual arts course and students will receive recognition for their work from professionals in the field.





The Winners are in!

January 18th was the opening for the Verde Valley Young Artists Showcase Invitational Art Show, sponsored by Yavapai College. Mingus was one of several schools invited to participate in this show from across the Verde Valley and we arrived with true Marauder Spirit!

Our Marauders were competing for a total of 8 cash and scholarship prizes from Yavapai College and the Made in Clarkdale Artist Association. Of the 8 prizes, Mingus students walked away with 5 of the awards! The show will remain up until February 8th, so you have plenty of time to go view the amazing student work.

We MUST thank our amazing Art Educators that work on our campus!

Without the guidance of Jason Teague, Beth Detwiller, Oouida Dorr and Ashley Lomeli, our students would not be finding such success!



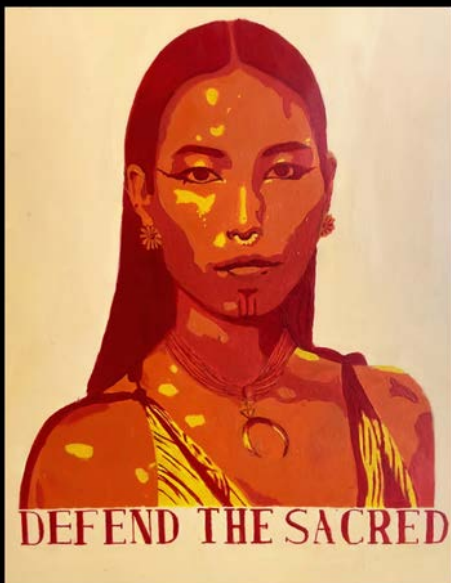
2D Best in Show:
Shania Jackson, "Red Delicious"



1st Place
Benjamin Schultz, "Skull and Flower Still Life"



2nd Place
Lydia Minjarez, "Harriet Tubman"



Made In Clarkdale Special Award #1
Andreas Rabago-Lopez, "Defend the Sacred"



Made in Clarkdale Special Award #2
Asher McFarland, "Peak of Fashion"



MUHS Performing Arts Department:



MINGUS A.T.O.R.T. PROUDLY PRESENTS

the 25th Annual patchwork a dinner and variety show

Patchwork is a yearly ATORT fundraiser that supports our amazing theatre program and allows us to entertain patrons in a fun and fulfilling way! Students in ATORT decorate the tables, serve the food, and put on the show.

**Friday March 1st &
Saturday March 2nd**

6pm in the

MUHS Cafeteria

\$12 for Adults

\$10 for Students & Children.

Tickets at the door

***This cost includes dinner**





VALLEY
ACADEMY FOR
CAREER AND
TECHNOLOGY
EDUCATION



VACTE COURSE OFFERINGS

- ☐ The Valley Academy for Career and Technology Education (VACTE) is a public school district that works in partnership with Yavapai College and the high schools, charter schools, private schools, and home schools throughout the Verde Valley and Sedona to provide high school students with career focused courses where they can earn high school credits, college credits and industry recognized certifications.
- ☐ Classes meet Monday through Thursday, and require a few Friday and/or Saturday workdays.
- ☐ Classes meet for either morning sessions beginning at 7:00 a.m. or afternoon sessions beginning at approximately 1:30 p.m., allowing students time for their remaining high school requirements to be completed.
- ☐ Students must provide their own transportation to and from VACTE classes.
- ☐ VACTE pays the majority of expenses including college tuition, books, uniforms, and industry certification fees. Students must provide footwear, or other personal items, as required.

Certified

Nursing

Culinary Arts

Construction

Fire Service

Assistant Teacher Training

Phlebotomy

Cosmetology

Law Enforcement

APPLICATION PROCESS FOR VACTE COURSES

- ☐ Obtain a VACTE application from your academic advisor or in your school's counseling office. Applications can also be found online at www.vacte.com or by calling the VACTE Office at 928-634-7131 Ext: 12.
- ♦ Complete the application and obtain parent/guardian signature.
- ♦ Return completed application to your academic advisor or the VACTE District Office.
- ♦ If you are applying for either CNA/phlebotomy or teacher training you will be required to take the Yavapai College placement exam(s). Schedule an appointment to take the exam(s) by contacting your academic advisor - OR - Yavapai College - at 928-634-6561.
- ☐ After reviewing your application, a VACTE representative will contact you if you have been accepted into the program.
- ☐ Once notification of acceptance has been made, work with your academic advisor or a VACTE representative to "wish list" the appropriate Yavapai College classes. You must know your social security number in order to complete this process.
- ☐ Upon approval of your "wish listed" classes, you will register for the Yavapai College classes either with your academic advisor or a VACTE representative.
- ☐ Upon completion of all steps above, you are ready to begin the VACTE classes.





COURSE OFFERINGS 2024-2025

Certified Nursing Assistant (CNA)

One Semester Program (Junior/Senior)

Morning and Afternoon Classes

(recommendation that Phlebotomy be taken in opposite semester)

Arizona Board of Nursing CNA Certification

Class held at Verde Valley Medical Center - Cottonwood

Phlebotomy

One Semester Program (Junior/Senior)

Morning and Afternoon Classes

(recommendation that Certified Nursing Assistant be taken in opposite semester)

Up to 8 Yavapai College Credits

Progress toward Yavapai College Phlebotomy Technician Certificate

Class held at Yavapai College - Clarkdale Campus

Construction

One- to Two-Year Program (Sophomore/Junior/Senior)

Morning and Afternoon Classes

Up to 22 Yavapai College Credits

OSHA 10, IVES Lifts, and NCCER Core and Level 1 Certifications

Yavapai College Basic Carpentry Certificate - Year One

Yavapai College Plumbing and/or Electrical Certificates - Year Two

Class held at VACTE Campus - Cottonwood

Law Enforcement

One- to Two-Year Program (Junior/Senior)

Morning Class

Up to 18 Yavapai College Credits

Progress toward APCO-Public Safety, Telecommunication Dispatcher and

Arizona Department of Public Safety Security Guard

Certifications Class held at VACTE Campus - Cottonwood

Culinary Arts

One Year Program (Junior/Senior)

(open to sophomores at Sedona Jr./Sr. High with counselor approval)

Morning & Afternoon Classes

Up to 16 College Credits

ServSafe Certification

Yavapai College Culinary Arts Fundamentals Certificate - Year One

Class held at Yavapai College, Sedona Campus

Cosmetology(Hairstyling)

Two Year Program (Junior Only 2023-2024)

1000 Hours of Lecture and Client Services

Hairstyling Equipment Fee : \$850

(\$500 1st yr. & \$350 2nd yr.) Students keep kit.

Morning & Afternoon Class

Arizona Board of Cosmetology & Barber Certification

Class held at VACTE Cosmetology Center - Cottonwood

Fire Service

One Year Program (Seniors Only)

Afternoon Class

Up to 18 Yavapai College Credits

Hazardous Materials Certification, Wildland Certification and

Fire Fighter 1 and 2 Certification

Class held at Verde Valley Fire Training Center - Cottonwood

Teacher Training

One- to Two-Year Program (Junior/Senior)

Morning Class

Up to 18 Yavapai College Credits

Level 1 State Fingerprint, First Aid/CPR/AED, and

Para-Professional Certifications

Progress toward AAS in Elementary Education Degree and

Bachelor of Arts Degree in Elementary and Secondary Education


Class held at VACTE Campus - Cottonwood



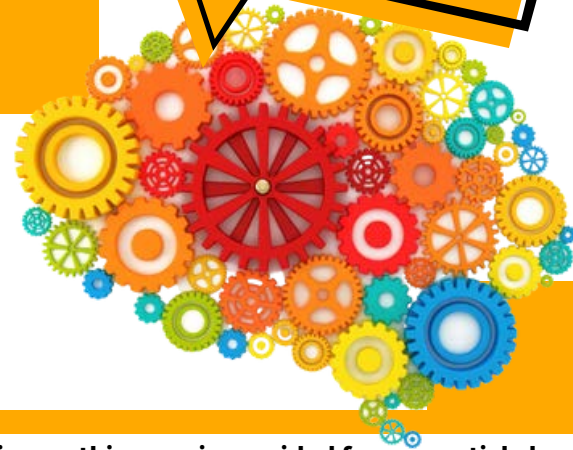
The Valley Academy for Career and Technology Education seeks to have a diverse student body. The school does not discriminate in admissions, employment, or in any of its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, religion or religious creed, disability or handicap, gender, gender identity and/or expression, or sexual orientation.



5 SKILLS TEENS NEED IN LIFE AND HOW TO ENCOURAGE THEM



Did you know?



All parents want their children to be successful in life – and by successful, we mean not just having a good job and a good income, but also being happy. And all parents wonder how they can make that happen.

According to Harvard's Center on the Developing Child, it's less about grades and extracurricular activities, and more about a core set of skills that help people navigate life's inevitable challenges. These skills all fall under what we call executive function skills, which we use for self-regulation. Most people who are successful and happy in life have strong executive function skills.

What are five important core skills?

- **Planning:** being able to make and carry out concrete goals and plans
- **Focus:** the ability to concentrate on what's important at a given time
- **Self-control:** controlling how we respond to not just our emotions but stressful situations
- **Awareness:** not just noticing the people and situations around us, but also understanding how we fit in
- **Flexibility:** the ability to adapt to changing situations.

The information on this page is provided from an article by

To view the full article:
<https://www.health.harvard.edu/blog/5-skills-teens-need-in-life-and-how-to-encourage-them-202201252674>



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Planning

When children are little, it's natural for parents and caregivers to do the planning for them. But as children grow into teens, they need to learn to do it for themselves.

- Avoid micromanaging your teen's life. Instead, set some ground rules – simple ones like: homework needs to get done, they need seven to eight hours of sleep. Then let your teen figure out how to get it done. Step in only if ground rules are clearly being broken consistently.
- When teens have long-term projects, such as a research project or college applications, sit and talk with them about how they want to get it done. Let them come up with ideas before you do!

Focus

The explosion of device use has caused all sorts of problems with focus in people of all ages. There is an instant gratification to screens that makes it hard to put them aside and focus on less stimulating tasks – so now, more than ever, it's important to

- talk about how social media and the Internet can interfere with daily life (and homework), and help them come up with strategies to manage the distraction.
- have screen-free meals and family time.

Self-control

This is one where being mindful of your own reactions to situations is important. How do you react to anger and frustration? Is road rage a problem for you? Remember that our children always pay more attention to what we do than what we say. To help your teen learn self-control, you can:

- Talk about feelings, and about strategies for managing strong feelings – like taking a deep breath, stepping away from the situation, screaming into a pillow, etc.
- Debrief after upsets, once everyone has calmed down. What might your teen have done differently? What could they do next time?
- Talk about how their behavior affects others, and why it's important to be mindful of that (a practice that also teaches awareness).

Awareness

Teens can be very aware – but mostly of their own world. Help them learn to see beyond that.

- Talk about current events and stories in the news. In particular, talk about how these affect people, and how different people might see them differently.
- Join community service activities as a family; show teens how they can make a difference.

Flexibility

Life throws curve balls all the time, and teens need to be able to adjust.

- Don't be too rigid about your teen's schedule. Help them prioritize, and see which things can be missed or postponed when something happens, good or bad.
- Be a role model. Be spontaneous yourself – and don't get too upset when plans change. Make new plans.

Any time you let your teen do something, there is a reasonable chance that they will fail. Resist the urge to jump in right away. While it's important to have your child's back (now and for the rest of their life), sometimes teens need to fail in order to learn. Give them a chance to figure it out themselves before you offer help. They may just surprise you.



Community Events & Resources

There's no doubt that our Verde Valley community knows how to come together to support those who live here! This page will list some of those amazing Community Resources and let you know some of the events and happenings they have planned this month.

Click on the photos to be taken to the link for the event.

Inspiring
CHANGE

Providing
HOPE

Old Town Mission
116 E. Pinal Street
Cottonwood
928-634-7869

Mission Thrift Store
810 W Mingus Ave
Cottonwood
928-634-1644

Sharing God's LOVE

FOOD PANTRY
Wednesday: 9 am - 2 pm & 4 pm - 6 pm
Thursday: 9 am - 2 pm

COMMUNITY MEALS
Monday, Tuesday & Friday: 11:30 am-12:30 pm
Monday: 5 pm - 6 pm
Wednesday: 4 pm - 6 pm (**Served to-go only**)

RESOURCE CENTER
* Available for those without residence:
Showers, breakfast, clothes, hygiene & resources
Monday, Tuesday & Friday 9 am - 11 am

THE KIDS SHOP
Monday - Thursday 9 am - 2 pm
Monday 5 pm - 6 pm
or call for an appointment 928-634-7869

HAIR SALON
Monday 4 pm to 5:30 pm
Tuesday: 9 am - 12:30 pm

VISION
1st Tuesday/month
10 am - 11 am

LEGAL
Call: 928-634-7869

MISSION THRIFT STORE
Clothing vouchers can be used Tuesday - Friday 9am to 4pm
Tuesday - Saturday: 9 am to 5 pm
810 W. Mingus Ave. in Cottonwood

The Mission is a SNAP Community Partner

This project has been funded at least in part with Federal funds from the USDA.
This institution is an equal opportunity employer and provider.

 Supplemental Nutrition Assistance Program



Manzanita Outreach

For a Calendar of
all this month's
Food Share Events

CLICK 

**CHECK OUT
THE NEW
MOHELP.ORG!**

Now featuring
comprehensive services.
Find out what you are
eligible for!

MOHELP.ORG


MOHELP
Bringing Communities
Together





Community Events & Resources

Low Income Student Aid (LISA, Inc.) is a non-profit organization that assists past & present students who currently attend or promoted from, Cottonwood Community School, Dr. Daniel Bright School or Oak Creek School.



Calling all high school students who promoted from Cottonwood Community School, Dr. Daniel Bright, or Oak Creek School

Ways we can help: clothing, shoes, bedding, birthday/Easter/Christmas, medical bills, exams, therapies, prescriptions or equipment, haircuts, backpacks, school supplies, hygiene items, cafeteria outstanding balances, Homecoming, prom expenses, graduation announcements, college tuition, book deposits. Fees for: Sports, extracurricular activities, camps, field trips, parking spaces, college dorm etc...



Low Income Student Aid, Inc.
PO BOX 529, Cornville AZ 86325
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oakcreeklisa.org



FEBRUARY 2024

Mingus Union High School

BREAKFAST



Meal Prices:
Breakfast
Lunch

Students
\$1.50
\$3.00

Adults
\$3.00
\$5.00



February is National Hot Breakfast Month. A hot breakfast can be anything from pancakes and waffles to breakfast sandwiches to oatmeal or cream of wheat. Which hot breakfasts will you try this month?



MONDAY



Pancake on a Stick
Fresh Baked Cinnamon Roll

5

Pancake on a Stick
Fresh Baked Cinnamon Roll

12

Presidents' Day

19

Pancake on a Stick
Fresh Baked Cinnamon Roll

26

TUESDAY

Homemade Breakfast Burrito
Assorted Muffins

6

Homemade Breakfast Burrito
Assorted Muffins

13

Homemade Breakfast Burrito
Assorted Muffins

20

Homemade Breakfast Burrito
Assorted Muffins

27

WEDNESDAY

Offered Daily:
Assorted Fresh & Canned Fruits
100% Juice
1% White Milk
Fat Free Chocolate Milk

Banana Bread
Assorted Muffins

7

Valentine's Day
Banana Bread
Assorted Muffins

14

Banana Bread
Assorted Muffins

21

Banana Bread
Assorted Muffins

28

THURSDAY

Biscuits & Gravy
Super Donut

1

Biscuits & Gravy
Super Donut

8

Parent Conferences
Biscuits & Gravy
Super Donut

15

Biscuits & Gravy
Super Donut

22

Biscuits & Gravy
Super Donut

29

FRIDAY

Fresh Baked Cinnamon Roll
Banana Chocolate Chunk Breakfast Bar

2

Fresh Baked Cinnamon Roll
Banana Chocolate Chunk Breakfast Bar

9

Parent Conferences
Fresh Baked Cinnamon Roll
Banana Chocolate Chunk Breakfast Bar

16

Fresh Baked Cinnamon Roll
Banana Chocolate Chunk Breakfast Bar

23

Additional Entrees Offered Daily:
Yogurt
Mini Yogurt Parfait
Cereal
String Cheese

FEBRUARY 2024

Mingus Union High School

LUNCH



Meal Prices:
Breakfast
Lunch

Students
\$1.50
\$3.00

Adults
\$3.00
\$5.00



February is American Heart Month. Keep your heart healthy by being active every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

MONDAY



Chicken Tenders w/ Dinner Roll
Carrot & Celery Sticks
Oven Baked Fries

5

Popcorn Chicken & Mashed Potato Bowl w/ Dinner Roll
Carrot & Celery Sticks
Sweet Potato Fries

12

Presidents' Day

19

Chicken Nuggets w/ Roll
Carrot & Celery Sticks
Oven Baked Fries

26

TUESDAY

Beefy Nachos
Refried Beans
Lettuce & Tomato

6

Green Chili Cheese Enchiladas
Refried Beans
Lettuce & Tomato

13

Beefy Nachos
Refried Beans
Lettuce & Tomato

20

Doritos Walking Taco
Refried Beans
Lettuce & Tomato

27

WEDNESDAY

Daily Entrée Choices:
Grilled Cheese
Hamburger or Cheeseburger
Spicy or Regular Chicken Sandwich
Chef Salad
Deli Sandwich
PB & J Uncrustable

Honey BBQ Pork Rib Sandwich
Lettuce & Tomato
Hashbrown Triangles

7

Valentine's Day
Chicken & Waffles
Tossed Salad
Oven Baked Tater Tots
Sweet Treat

14

Hot Dog w/ Chips
Lettuce & Tomato
Oven Baked Tater Tots

21

Big Daddy Cheese or Pepperoni Pizza
Carrot & Celery Sticks
Sweet Potato Fries

28

THURSDAY

Teriyaki Chicken Rice Bowl w/ Egg Roll
Lettuce & Tomato
Broccoli & Cauliflower

1

Orange Chicken Bowl
Broccoli & Cauliflower

8

Korean Chicken Bowl
Broccoli & Cauliflower Medley

15

Orange Chicken Bowl
Broccoli & Cauliflower

22

Egg Rolls w/ Veggie Fried Rice
Tossed Salad
Broccoli & Cauliflower

29

FRIDAY

French Bread Pizza
Tossed Salad
Oven Baked Fries

2

Cheese Pizza Sticks w/ Dipping Sauce
Tossed Salad
Green Beans

9

Chicken Wings w/ Roll
Tossed Salad
Oven Baked Curly Fries

16

Corn Dog
Tossed Salad
Sweet Potato Fries

23

Offered Daily:
Assorted Fresh & Canned Fruits
1% White Milk
Fat Free Strawberry Milk
Fat Free Chocolate Milk