



### Desert snowman

It's not much of a snowman compared to others built around the country, yet it must be remembered we live in the Sonoran Desert. Becky Collman of Fountain Hills took this shot on Tom's Thumb Trail in the Scottsdale Preserve on Jan. 4, 2015, following the huge New Year's Eve storm that hit the 'Valley of the Sun.'



### Tip of the sunset

Larry Carson takes a lot of pictures, but recently he saw some unique cloud formations at sunset time. He rushed down to Fountain Park just in time to see the top of the Fountain bathed in a red or pink color with a beautiful backdrop.

## Hikes offered by McDowell Sonoran

Take advantage of the great outdoor weather that comes with winter in the Valley by participating in one of the hikes offered by the McDowell Sonoran Conservancy.

Next up is a hike to Butcher Jones near Saguro Lake on Saturday, Feb. 14.

The hike begins at the Butcher Jones beach picnic area and winds along Saguro Lake offering great views of Four Peaks.

It is a 5.5-mile hike with a 200-foot elevation gain. A Tonto National Forest Day Pass is required for each vehicle.

Meet at the library parking lot at 8 a.m. to carpool.

On Tuesday, Feb. 24, Dave Lorenz will discuss the lifecycle of a Saguro on an interpretative hike near Granite Mountain.

The hike will allow participants to follow the growth of a Saguro from seed to a skeleton and view multi-armed old Sagueros.

This is an easy to moderate four-mile round trip hike with a 200-foot elevation gain. Allow four hours.

Meet at the Fountain Hills Library parking lot

at 8 a.m. to carpool.

On Saturday, Feb. 28, take a challenging 7.5-mile trek from Tom Thumb to the Dixie Mine Trailhead. This hike begins with the steep climb up the Tom's Thumb Trail and steep descent into McDowell Mountain Park and traveling to Fountain Hills via the Dixie Mine Trail.

A one-way shuttle is required. Please arrange to

be picked up at the Golden Eagle Trailhead at the end of the hike.

Pam Cissik will lead this hike. Meet at the library parking lot at 8 a.m. to carpool to Tom Thumb Trailhead.

Hikers can check the Sonoran Conservancy website, [www.scfh.org](http://www.scfh.org), for updates and changes to the schedule.

### This week at Forum

## Coalition has meet in Washington D.C.

Representatives from the Fountain Hills Coalition are in the Washington, D.C. area joining more than 2,500 substance abuse prevention specialists and advocates for Community Anti-Drug Coalitions of America's (CADCA) 25th

annual National Leadership Forum.

The forum is being held Feb. 2-5. Attending are Fountain Hills Coalition Director Shelly Mowry and Mike Scharnow, coalition board member.

"We are so excited to be able to spend several days with other similar organizations from across the country, learning and honing our prevention skills so our community can be a better place, one that doesn't suffer from the harms of drug and alcohol abuse," said Mowry.

"We hope to come back reenergized with new strategies under our belt to tackle drug use in Fountain Hills."

CADCA's Forum will cover a wide range of topics - everything from how to prevent prescription drug abuse and heroin use to how to create tobacco-free environments and develop policies to reduce underage and excessive drinking.

The Fountain Hills Coalition has been in existence for more than four years and continues to implement strategies to reduce underage drinking and illegal drug use.

It works with various sector leaders - representing the business community, parents, the School District, town government, Sheriff's Office, faith community and others - to help implement the various strategies.

Particularly effective the past few years has been the

Text-A-Tip program, where teens and other residents can anonymously text in tips concerning underage drinking parties, drugs on a school campus and the like.

Coalition officials were pleased this past November when results for the latest Arizona Youth Survey showed substantial declines in alcohol, cigarettes, marijuana and prescription drug usage over the past four years among local teens.

Coalition representatives also plan to meet with their U.S. representatives and senators during Capitol Hill Day, which takes place today, Feb. 4, during the CADCA Forum.

CADCA's National Leadership Forum is the premier and largest training event for community-based substance abuse prevention professionals, coalition leaders and prevention and addiction researchers.

The forum is a four-day event packed with opportunities to learn the latest strategies to fight substance abuse and hear from nationally-known prevention experts, federal administrators and concerned policymakers.

The Fountain Hills Coalition mission is: Through community-wide collaboration, Fountain Hills will work together to reduce substance abuse among youth ages 12-18 and, over time, among adults.

Information: [www.fhcoalition.org](http://www.fhcoalition.org).

## Drug kits available to parents

Some parents may wonder what to do when they suspect illegal drug use by their child.

The Fountain Hills Coalition, which focuses on youth substance abuse prevention, has created an "Early Action Kit" for parents who may not know exactly what to do or where to turn.

The kits are available at no cost.

They contain a five-panel urinalysis drug screen, directions on how to administer it, steps to take if the test is positive or negative,

local resource information and websites that provide parental support and promote prevention.

They may be picked up at the following locations: \*Carma Blackburn, LCSW, 16712 E. Avenue of the Fountains; 480-993-5457.

\*Dr. Matthew J. Hummel, MD, 16838 E. Palisades Blvd., Building C,

No. 153; 480-816-3131. Deputy Jill Ochsner, FHUSD Resource Officer, MCSO; 480-664-5539 (FHHS).

\*Fountain Hills Fire Station 1 and Administrative Offices, 16246 Palisades Blvd.; 480-837-9820. More information about the coalition is available at [www.fhcoalition.org](http://www.fhcoalition.org).

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