

NPOA hosting roundtable

The NPOA is hosting a series of informal roundtable discussions for its delegates in the association's office on the following dates: December 15 and 17, January 4, 8 and 16. No business will be transacted and no votes taken at these informal study sessions.

NPOA member homeowners are welcome to attend. They should notify the office in advance to be sure there is adequate seating. For further information, contact the NPOA office at 480-837-5317.

The Neighborhood Property Owners Association's Committee of Architecture considered a few plans during the meetings held on Dec. 6.

The NPOA reviewed and approved three permit requests, with no applications in need of further review.

Approvals were as follows:

- *17109 Fairway – Owner, Finocchio; solar.
- *16421 Jacklin – Owner,

Webb; single family residence.

*17243 Oro Grande – Owner, Stanton; repaint.

Organizers believe that the success of every community rests in the involvement of its residents. Any NPOA members who are interested in serving on the Committee of Architecture can contact the NPOA office at 480-837-5317.

The Neighborhood Committee of Architecture meets Tuesdays at 8:45 a.m. in the association's office at 16810 E. Avenue of the Fountains, suite 119, to review member property owners' plans for new construction or improvements.

The NPOA board of directors meets on the second Wednesday of each month at 8 a.m.

The association has an after-hours drop box for members' convenience outside the office.

For information, visit the website at npoafh.org or call 480-837-5317.

Getting through the holidays with substance abuse in the family

By Shelly Mowrey,
FHC Director
Special to The Times

There is a different feeling in the air when the holidays roll around. We all have our holiday traditions and then there are the dynamics that go on with family and friends. It can be an especially challenging time if you are the parent of a young person with a substance use disorder. Whether you have a child in recovery or one that is still using, here are some tips to help make a better holiday experience for everyone.

***Check your actions:**
Alcohol is part of the festivities for many families, but what kind of example does it set for a young person who has major issues with alcohol or drugs? It is important to remember that our children are watching us. It can sometimes be a very big deal when we remove alcohol from the festivities.

If you choose to do so, let family members know that dinner and parties will be "alcohol free." Sometimes there can be a bit of frustration but eventually there will be acceptance and your decision respected.

***Manage your expectations:**

There are a lot of expectations flying around during the holidays. We all want the good old days when everyone was together and happy. If your child is still using, they may even be absent for much of the celebrations and there is not much you can do about that. Another issue is that although they may be present, they are difficult to deal with. Remember we do not have to accept verbal abuse or unacceptable behavior from them.

If you have a newly sober young person, they probably have their own holiday agenda. They may want to spend time with their program friends during their first sober holidays. While it may make you a little sad, just be grateful for the time you do get to spend with your child and let them know you are proud of them for putting their sobriety first.

***Remember to be good to yourself:**

The holidays are times of added stress with all of the busyness and dynamics that go on. It is so important for us to take time out to be good to ourselves. Make sure you spend some time with supportive people who can be there for you to remind you that you will get through this. You may want to at-

tend a meeting with other parents of addicted loved ones to learn how they are coping with their holiday situations.

The holidays may not be exactly what we want them to be right now but they can be enjoyable if we are willing to do things a little differently, accept the way things are and take some time to take care of ourselves.

Healthy Living correction

The Times has incorrectly reported the meeting date for the Healthy Living Support Group that meets in Fountain Hills.

The program regularly meets on the second Wednesday of each month. However, there will be no meeting in December. The next session will be held on Wednesday, Jan. 11, at the Community Center from 10 a.m. to noon.

The Times apologizes for the error.

Nominations being accepted for 2017 Hall of Fame class

Nominations are being accepted for the 2017 class of inductees into the Lower Verde Valley Hall of Fame.

The Hall of Fame recognizes individuals, living or deceased, whose history of involvement has contributed in some positive way to the betterment of the communities of the lower Verde Valley including Fountain Hills, the Verde communities, Fort McDowell and Goldfield Ranch. Candidates to be considered for the 2017 class must have resided or been active in the Lower Verde Valley area on or before Dec. 31, 2007.

Nomination forms are available at the L.

Alan Cruikshank River of Times Museum, Fountain Hills Library, Fountain Hills Community Center, Fountain Hills Chamber of Commerce, Rio Verde Post Office and the Fort McDowell Yavapai Community Tribal Office.

Forms must be submitted no later than Friday, Dec. 30. They may be mailed to Lower Verde Valley Hall of Fame, c/o Barbara Hansen, 16929 E. Salida Drive, Fountain Hills, AZ 85268; or dropped off at The Fountain Hills Times, 16508 E. Laser Drive, Suite 101.

The induction ceremony will be held Wednesday, March 29, at the Community Center.

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