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# **Disability and Environmental Health Resource Guide**

**For the Snowflake-Taylor Area**

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## **Note to Readers**

The *Disability and Environmental Health Resource Guide for the Snowflake-Taylor Area* is being developed by an informal group of local community members, primarily for current and future residents who have environmental illness (e.g., Multiple Chemical Sensitivity) and related disabilities, and for the agencies that assist them.

Many people have contributed to the guide—some by writing sections, others by editing, and others by providing reviews. Among the primary contributors were: Kathy Hemenway, editing; Susan MacKay, information on landscaping and gardening; Susan Maxwell, information on emergency preparedness; Susie Molloy, information on service providers and disability advocacy; and Stephanie Smith, disability advocacy.

The material in the guide is presented for informational purposes only. It is not intended as medical or legal advice. None of the information contained here should be construed as providing a basis for a diagnosis or treatment for any physical or behavioral disability; nor should it be considered to be a directive concerning a particular form of treatment, legal counsel or strategy, product, or service. Neither the contributors, editors, printer, publisher, distributor, nor any related party makes any claims concerning the organizations and services described in this guide, nor can they accept legal responsibility for consequences of contacts made by individuals. Inclusion in this guide is not meant to imply endorsement by the contributors or others involved in the production and distribution of the guide.

In keeping with the spirit of service demonstrated by the organizations and providers listed here, this guide is offered to the public, for non-commercial purposes, at no cost other than the cost of reproduction and mailing (for paper copies only). Email requests to [susanm@cybertrails.com](mailto:susanm@cybertrails.com) or mail them c/o Susan Molloy, 8657 Hansa Trail, Snowflake, AZ 85937. A fee of \$6.00 is requested for paper copies.

The authors hope you find the guide valuable, whether you're a current resident or just thinking about moving to the area. Comments about the guide, additions, criticisms, and relevant experiences are welcomed (mail to one of the addresses above).

April 24, 2008 DRAFT

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## Introduction

For many years people with environmental illness (EI) have moved to rural areas of northern Arizona from all parts of the country. We came to build new lives for ourselves, hoping to reduce symptoms from severe medical conditions such as multiple chemical sensitivity (MCS), electromagnetic sensitivity, and sound sensitivity.

We came for the cleaner air, sparse population, more affordable land, and the opportunity to build safer and more accessible houses. Many of us settled in the White Mountains, in Navajo and Apache Counties. Some of us live in an area east of Snowflake known as Cedar Hills, while others live near the towns of Taylor, Show Low, Concho, and Vernon, as well as near other small towns. At the eastern end of the Colorado Plateau, Snowflake, Taylor, and Concho are in the high desert at about 6,000 feet; Show Low and Vernon are closer to 7,000 feet and are surrounded by pine forests. The influx has been slow, but now we have a loose-knit community of more than 30 households.

As the community has grown, some of us have felt the need for easier access to information about resources in the area, and for an easier way to introduce newcomers to those resources. We put together this guide in response to these needs. The guide provides suggestions for getting the things that environmentally-ill people depend on, such as organic food, safer personal care products, and less toxic cleaning products, as well as tips for staying as safe as possible. The guide covers both the necessities of daily life and ways to go out and have fun.

For people who haven't yet decided to move to the area, the subsections called *Towns and Counties* and *National Forests and Indian Reservations* should be particularly helpful, as they provide pointers to information about basic demography, climate, and vegetation. For information about other environmental topics, such as the locations of pollution sources, naturally all the usual investigations are recommended (e.g., talking to others, checking on zoning regulations, looking at the Arizona Department of Environmental Quality website, checking [www.scorecard.org](http://www.scorecard.org), and looking around).

Please use the resources and contacts listed as you need them, but remember that the information provided is partial and may be out-of-date by the time you need it. When possible double-check with your neighbors, the phone directory, and on the Internet. And remember that what's safe for one is not necessarily safe for another. Also, remember that accessibility measures that would help us directly are not spelled out in enforceable regulations.

We hope you find this document useful. Be sure to let us know if you find errors or have some hot tips you would like to share.

## Finding the Necessities

### *Groceries, Personal Care Products, and Supplements*

The following organizations provide goods that are needed by people with environmental illness. Some of us are able to shop in these establishments whereas others are not. Those of us who can't go into stores ourselves make special arrangements to obtain the necessities.

<b>Name</b>	<b>Location</b>	<b>Purchase Recommendations</b>
Amelia's Garden	305 S. Main St. Snowflake 928.536.2046	Organic vegetables, fruit, frozen meat and fish, baked goods, personal care items, vitamins. Organic lunches (Mon – Sat, 11 am – 2 pm). Case orders for United Natural Foods (Mountain People's Warehouse) are filled for a price of 10% below retail.
Bashas'	650 N. Main St. Taylor 928.536.2050	Organic carrots, celery, broccoli, (occasionally) cherry tomatoes, some dry goods, packaged foods.
Ed's IGA	160 N. Main St. Snowflake 928.536.4343	Grocer offering high-quality, conventionally raised meat, "Silk" soy milk in dairy section.
Egg providers	House just west of Cedar Hills Bingo Hall on Concho Hwy Snowflake	
	Country Store 8750 Concho Hwy (east of Hay Hollow Road) Snowflake 928.536.2114	
Nature's Realm	11 E. Deuce of Clubs Show Low 928.532.0359	Organic vegetables and fruit, frozen meat and fish, personal care items, vitamins.
	20 E. White Mountain Blvd. (Safeway Plaza) Pinetop 928.367.5838	
New Frontiers Market	1000 S. Milton Ave. Flagstaff, AZ 86001 928.774.5747	Organic food, supplements, vitamins, books and literature.

Safeway	900 W. Deuce of Clubs Show Low 928.532.5656	Frozen organic Safeway "O" brand green beans, corn, spinach, broccoli, green peas, potatoes, raspberries, strawberries, blueberries. Organic Romaine hearts, milk, cheese, butter, yogurt, canned tomatoes, pasta, etc.
	20 E. White Mountain Blvd. (Safeway Plaza) Pinetop 928.367.6677	
	702 W. Hopi Drive Holbrook 928.524.3313	
Sparkletts	928.536.5873 800.492.8377	Filtered reverse osmosis water, delivery.
St. Lawrence Flea Market	Near Our Lady of the Snow Catholic Church on Hwy 77 (Main Street) Snowflake	Farmers market and swap meet held on some Saturday mornings.
Sunshine Herbs	1020 E. Huning Show Low 928.537.1711	Bulk herbs and spices, supplements, books, personal care products. Farmers market on Wednesday mornings during growing season.
Wal-Mart	5401 S. White Mountain Blvd. Show Low 928.537.3141	Many organic products.
White Mountain Purified Water	1900 E. Adams Show Low 928.537.2962	Can bring your own containers.

A more complete list of businesses in the area is available in the phone directory, of course, and a listing of businesses in the Snowflake-Taylor area is provided at [www.azjournal.com/pages/snowtaydirectory.html](http://www.azjournal.com/pages/snowtaydirectory.html). Also, there are three free local newspapers (*Silver Creek Herald*, *The Pioneer*, and the *Maverick*) as well as the bi-weekly *White Mountain Independent*. The newspapers are available in many local stores.

## **Service Providers**

The organizations listed below provide services that help people with disabilities with various aspects of their daily lives.

For a complete list of agencies and contacts with responsibility for conventional safety and social services, call Arizona Long Term Care Services (see below).

<b>Name</b>	<b>Location and Contacts</b>	<b>Description</b>
Area Agency on Aging	Summit Healthcare Regional Medical Center, East Campus 2200 E. Show Low Lake Rd. Show Low 928.537.6570 Fax: 928.537.1336 pnewsom@nacog.org Patricia Newsom, Case Manager, Navajo County	An agency of Northern Arizona Council of Governments (NACOG).
Arizona Health Care Cost Containment System (AHCCCS)	2500 E. Cooley Show Low 928.532.4300	Medical assistance for low-income families (adults). It is a division of the Arizona Department of Economic Security.
Arizona Long Term Care Services (ALTCS)	928.537.1515 877.537.1515 Fax: 928.537.1822 580 E. Old Linden Rd., Suite 3 Show Low Patricia Cucuel, Supervisor	Maintains a resource guide to provide referrals. Helps people with disabilities and chronic illnesses make arrangements for services.
Arizona Technology Access Program (AzTAP)	2400 N. Central Ave., Suite 300 Phoenix, AZ 85004 602.728.9534 800.477.9921 Jill Pleasant, Director	Federally funded program in the Department of Education. Provides a statewide network for information on assistive technology and accessibility modifications. Provides articles on MCS.
Discovery Center	481 S. 11 <sup>th</sup> St. Show Low 928.532.3108	Drop-in peer support for mental health.

Division of Developmental Disabilities	2500 E. Cooley Show Low 928.532.4300	Provides services for persons who were diagnosed with certain disabilities before age 22 (e.g., cerebral palsy, seizure disorders). It is a division of the Arizona Department of Economic Security.
New Horizons Independent Living Center	8085 E. Manley Dr., #1 Prescott Valley 928.772.1266 800.406.2377 www.newhorizonsilc.org Liz Toone, Director Jean Lasher, Community Outreach (MCS Information and Referral) Dan Kelsey, Benefits Counseling	Independent Living Center responsible for Northern Arizona except for reservations. Has a satellite office in Flagstaff and is working toward starting satellite offices for Navajo and Apache counties.
Rehabilitation Services Administration	2500 E. Cooley Show Low 928.532.4300 Patty Reidhead, Director; Twila Wilkening, Disability Program Navigator	Vocational rehabilitation and independent living rehabilitation services. Includes retrofits, equipment, and training. It is a division of the Arizona Department of Economic Security.
	1510 S. Riordan Ranch Rd. Flagstaff 928.779.4147 800.563.1221 Karin Grandon, Independent Living Specialist	Assistance with resources for independent living.
Salvation Army	See <i>Housing</i> section in this guide.	Emergency resources and information regarding social services.
Social Security Administration	2500 E. Cooley Show Low 928.537.0611 928.537.0612 800.772.1213	Open Monday, Wednesday, and Friday in Show Low.
White Mountain Catholic Charities	Good Shepherd Center 120 E. Florida Holbrook 928.524.9720	

	Saint Anthony's Convent 6 N. McQuatters Ave. McNary Voice/fax: 928.334.2244 wmccs@juno.com Nelson R. French, Director	Provides housing consultations during Thursday office hours at Our Lady of the Snow Catholic Church in Snowflake.
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### **Healthcare**

The following is a brief list of health care resources. Many additional providers are listed in the phone book.

	<b>Location and Contacts</b>	<b>Description</b>
Cedar Hills Health Center	8215 Concho Hwy Snowflake 928.536.3858 Sue Rice, Administrator	Provides rural health care on a drop-in basis as well as by appointment.
Community Counseling Centers, Inc.	105 N. 5 <sup>th</sup> Ave. Holbrook 928.524.6126	Outpatient care.
	Pineview Behavioral Health Center 2550 Show Low Lake Rd. Show Low 928.532.0645	Inpatient care.
	2550 Show Low Lake Rd. Show Low 928.537.2951 Rick Kunkle, Executive Director	Outpatient care.
Summit Healthcare Regional Medical Center	2200 Show Low Lake Rd. Show Low 928.537.4375 Fax: 928.537.6371	Regional hospital for the White Mountains area.

## Housing

Finding safe housing is one of the major challenges for people here, as it is for people with environmental illness everywhere. Often those who can do so build their own accessible homes.

The following are some pointers for finding housing. For additional possibilities for camping, refer to the section in this guide called *Visiting Local Lakes and Reservoirs*.

	<b>Location and Contacts</b>	<b>Description</b>
Bread of Life Mission	885 Hermosa Dr. Holbrook 928.524.3874	Generic emergency shelter.
Department of Public Housing	900 W. Henderson Winslow 928.289.4617 Mr. Fran McHugh, Executive Director	Assistance with Section 8 housing and affordable rentals.
Homolovi Ruins State Park	Take Interstate 40 to Hwy 87 (Exit 257, near Winslow). Go north. 928.289.4106 Karen Berggren, Park Ranger	Just north of Winslow, Homolovi can sometimes be a manageable place to camp for people driving on I-40. It has electrical hook-ups, wheelchair access, shaded tables, and little vegetation. A nearby wireless transmission tower may be a problem for some people. Contact Park Ranger Karen Berggren regarding disability access. For more information see the <i>Indian Ruins</i> section of this guide.
Old Concho Community Assistance Center (OCCAC)	PO Box 50 Concho, AZ 85924 928.337.5047 Cindy Furrh, Director	Generic emergency housing. Building four rentals for low-income people with environmental illness.
Ponderosa Parks and Meadows Apartments	981 W. McNeil Show Low 928.537.1022	Section 8 housing. Some apartments are wheelchair accessible.

Salvation Army	PO Box 490 Show Low 928.368.9953 David and Tina Sherman	Helps people with disabilities with disaster preparedness. Provides emergency resources and information regarding social services.
Show Low Apartments	1451 W. McNeil Show Low 928.537.7020	Section 8 housing.
Sierra Blanca Apartments	126 Willow Lane Taylor 928.536.4200	Section 8 housing.
Southwest Fair Housing Council	2030 E. Broadway, Suite 101 Tucson 888.624.4611 520.798.1568 Fax: 520.620.6796 See <a href="http://www.swfhc.com">www.swfhc.com</a> <a href="mailto:swfhc@dakotacom.net">swfhc@dakotacom.net</a> Rick Rhey, Executive Director Sandy Fagan, Deputy Director	Housing law specialists who regularly visit northern Arizona.
White Mountain Catholic Charities	Saint Anthony's Convent Refer to the section called <i>Service Providers</i> in this guide.	Housing consultations.

## Books, Reading, and Education

Name	Location and Contacts	Description
Amelia's Garden	See the section of this guide called <i>Groceries, Personal Care Products, and Supplements</i> .	Book and magazine exchange.
Arizona State Talking Book Library	1030 N. 32 <sup>nd</sup> St. Phoenix 602.255.5578 800.255.5578 Linda Montgomery, Director	Free books and magazines on tape for people with disabilities.
Northland Pioneer College	Silver Creek Campus (Snowflake/Taylor Area) 1611 S. Main St. 928.536.6211	Community College serving many local areas.
	White Mountain Campus (Show Low Area) 1101 W. Deuce of Clubs 928.532.6111	
	District Office 103 N. 1 <sup>st</sup> Ave. Holbrook 928.524.7600	
Public Libraries	418 S. 4 <sup>th</sup> West Snowflake 928.536.7103 x240	Through Interlibrary Loan these libraries can obtain books available at other libraries in Arizona (including university libraries). The libraries also provide talking books.
	180 N. 9 <sup>th</sup> St. Show Low 928.532.4070	
	Larson Memorial Public Library 1595 W. Johnson Lane Lakeside 928.368.6688	
Sun Sounds of Arizona	1300 S. Milton, Suite 202 Flagstaff 928.779.1775 Fax: 928.226.1387	Provides access to printed information for people unable to read due to a disability. Information comes through a reading service on the radio, Internet, and telephone.
	2323 W. 14 <sup>th</sup> St. Tempe 480.774.8300 Fax: 480.774.8310 bill.pasco@riomail.maricopa.edu	

	7290 E. Broadway, Suite K Tucson 520.296.2400 Fax: 520.298.6676	
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## Dining and Entertainment

	<b>Name and Location</b>	<b>Tips</b>
Community College Theater	Refer to Northland Pioneer College in the section of this guide called <i>Books, Reading, and Education</i> .	
Restaurants and Coffee Houses	Eva's, Snowflake Enzo's, Snowflake Amelia's Garden, Snowflake El Cupidos, Lakeside Greenhouse Sawmill Café, Show Low High in the Pines, Show Low Licano's, Show Low Lotus Garden, Lakeside Pasta House, Pinetop Charlie Clark's, Pinetop Mountain Thai, Lakeside	Many of us are not able to visit restaurants and coffee houses due to our limited diets and environmental needs, but some have visited these establishments.

DVDs and VHS tapes are available for rental from local stores (e.g., Bashas, Rent-a-Flick, Movie Gallery). Many videos are also available for borrowing from the libraries' collections.

## Local Festivals

<b>Event</b>	<b>Dates and Contacts</b>	<b>Description</b>
Christmas Lighting Events	Refer to the <i>Events</i> section of the phone directory.	Lighting events take place annually in several local towns.
Pinetop-Lakeside Fall Festival	Late September.	Features paintings, wood crafts, pottery, jewelry, Native American articles, food, car show, antique sale, quilt show, etc.
Pioneer Days (Snowflake)	Late July.	A weekend long celebration of the pioneer spirit of early residents. The celebration includes a rodeo, parade, barbecue, dance, and fireworks.
Taylor Sweet Corn Festival	Labor Day Weekend.	Arts and crafts, classic car show, parade, contests, etc.
White Mountain Bluegrass Music Festival (Pinetop)	Second Saturday and Sunday in August.	Bluegrass and gospel musicians, arts, crafts, workshops, food, etc.
White Mountain Native American Art Festival (Pinetop)	Third Saturday and Sunday in July.	Native American artisans, dance troupes, singers, musicians, storytellers, crafts, demonstrations, and traditional foods.

For more information about a festival, contact the town's chamber of commerce or refer to their website. (See the *Towns and Counties* section of this guide.)

## Outdoor Recreation

### *Visiting Local Lakes and Reservoirs*

The following list includes some of the most popular lakes and reservoirs in the area. For more detailed information about these lakes and reservoirs as well as others, refer to the White Mountains Online website at [www.wmonline.com/attract/lakes.htm#f](http://www.wmonline.com/attract/lakes.htm#f).

<b>Name</b>	<b>Directions</b>	<b>Description</b>
Big Lake	Take Highway 260 east from Pinetop and turn on Route 273 just before Eager. See <a href="http://www.biglakearizona.com">www.biglakearizona.com</a> .	Fishing, camping, boat ramps, wheelchair access, store, and boat rental. Elevation: 9,000 feet. Acres of water: 450. Average depth: 27 feet. Watercraft motors: Eight horse power maximum. Open May to November.
Concho Lake	Ten miles west of St. Johns off Highway 61.	Picnic area, portable restrooms, and boat ramp. Stocked with rainbow trout. It is rarely in use so it is usually a safe place to picnic or fish. Elevation: 6,300 feet. Acres of water: 60. Average depth: 6 feet. Watercraft motors: Single electric only.
Fool Hollow Lake Recreation Area	Near the town of Show Low, off Old Linden Rd.	Campgrounds for tent and RV camping, picnic ramadas, water and electric hookups, showers and restrooms, boat ramps, fishing docks, and fishing platforms. Wheelchair access. Fees are required. Elevation: 6,260. Acres of water: 150. Average depth: 23 feet. Watercraft motors: Eight horse power maximum.
Lyman Lake State Park	Off Highway 191, 11 miles south of St. Johns and 17 miles north of Springerville.	Campground with picnic areas, showers, flush toilets, limited chemical use on the grounds, a small grocery store, a bird sanctuary, and fishing with launch ramps. Fees are required. Lake levels are low during dry years and camping is allowed on the beach. Elevation:

		5,980. Acres of water: 1,400. Average depth: 22 feet. Watercraft motors: No restrictions.
Rainbow Lake	Lakeside 928.368.9004 See <i>www.rainbowsendresort.com</i> .	Most of the shoreline is privately owned, but there is a public fishing and boat launch area. Boat rental, restrooms, bait, and fishing licenses are available at Rainbow's End Resort. Life jackets are required. (You can bring your own or borrow them from the resort, but they are likely to have sunscreen residue). Elevation: 6,700. Acres of water: 80. Average depth: 6 feet. Watercraft motors: Eight horse-power maximum.
Show Low Lake	On Show Low Lake Rd. off Highway 260 behind Wal-Mart.	Navajo County Parks manages the campgrounds, boat rentals and other facilities near the lake. Fees are required. Elevation: 6,500 feet. Acres of water: 100. Average depth: 20 feet.
Willow Springs Lake	Just east of Woods Canyon Lake, off of Hwy 260.	Trout lake popular in summer months, April through November. No overnight camping is allowed along the lake but dispersed camping is allowed in the forest. During the summer thunderstorms are frequent, and lightning is a danger. Elevation: 7,600 feet. Acres of water: 150. Watercraft motors: Eight horse power maximum.
Woodland Lake	In Pinetop off Woodland Lake Rd. <i>ci.pinetop-lakeside/woodlandlake.htm</i> .	Tennis courts, softball fields, hiking trails, equestrian trails, mountain biking, fishing, picnic ramadas, volleyball, charcoal grills, boating, playgrounds, restrooms, etc. There is a paved hiking trail around the lake with wheelchair access to a fishing pier. No camping. Elevation: 6,890 feet. Acres of water: 10. Average depth: 4 feet. Watercraft motors: Single electric only.

Woods Canyon Lake	Five miles north of Hwy 260 on Forest Road 300. FR 300 is 25 miles west of Heber on Hwy 260, directly across from the Rim Visitor Information Station.	Boating, picnicking, fishing, camping, boat rentals, small grocery store, etc. Acres of water: 52. Watercraft motors: Electric trolling only. There is a spectacular Mogollon Rim overlook on FR 300 on the way to the lake.
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### *Getting a Fishing License*

The Arizona Game and Fish Department requires fishing licenses for adults and children over the age of 14. They can be purchased at most tackle stores, Wal-Mart, and Rainbow Lake Boat Rental Shop.

For fishing and other recreation on the White Mountain Apache Reservation, contact White Mountain Apache Game and Fish, Wildlife Outdoor Recreation, 928.338.4385.

### *Hiking*

	<b>Location and Information</b>	<b>Description</b>
Arizona State Trust Land	Many parcels – refer to a map of Arizona. 602.542.4631 See <a href="http://www.land.state.az.us">www.land.state.az.us</a> .	There is abundant land managed by Arizona State Land Department (ASLD) that is available for hiking, biking or camping. A permit is required. Call ASLD or go to the website.
Poll Knoll	Two miles west of SR 373 on SR 260 (near Sunrise Ski Resort).	Offers hiking in the summer and cross-country skiing in the winter.
White Mountains Trail System	See <a href="http://ci.pinetoplakeside.az.us/trailsystem.shtml">ci.pinetoplakeside.az.us/trailsystem.shtml</a> .	Information about the trail system is presented on the Pinetop-Lakeside website.

## Scenic Drives and Other Outings

	<b>Location/Directions</b>	<b>Description</b>
Kerr-Cole Sustainable Living Center	PO Box 576 3310 Papermill Rd. Taylor 928.536.2269 kerrcole@frontiernet.net See <a href="http://www.solarcooking.org/bkerr">www.solarcooking.org/bkerr</a> .	The Kerr-Cole Center develops techniques for using sustainable living skills and offers education to the public. Homemaking methods involve solar cookers, solar food dryers, organic gardening, composting, and other practices and technologies. The Center is off the power grid and off the community water/sewage connections. Visits by appointment.
Petrified Forest National Park and the Painted Desert	Before you enter Holbrook from the south on Hwy 77, turn right (east) on Highway 180 to reach the lower park entrance. The upper park entrance is on Interstate 40 east of Holbrook in the Painted Desert. 928.524.6228	The Petrified Forest features two hundred million year old mineralized logs in an area encompassing 300 square miles. Visitors may enter the park from two entrances. Open all year for day use only. Fees are required. Information about National Park passes for people with permanent disabilities and other groups are available at <a href="http://www.nps.gov/fees_passes.htm">www.nps.gov/fees_passes.htm</a> .
Show Low Rim Overlook	Access from Hwy 260 (White Mountain Blvd.) near Camp Grace in Show Low. The overlook is on the right side of the highway as you head from Show Low to Lakeside.	Short walk to the Mogollon Rim. The drop is less spectacular than at the Woods Canyon Lake overlook, but it is beautiful nonetheless. Between the parking area and the Rim there is a small electrical substation that presents EMF problems for some visitors.
Snowflake Self-Guided Tour of Historic Homes	Contact the Snowflake Taylor Chamber of Commerce (536-4331) or the Stinson Museum (536-4881).	Many historic homes can be found within a range of a few blocks in Snowflake. Brochures are available at the Chamber of Commerce Visitor Center and the museum. Guided tours of some of the homes are offered on special occasions such as during the Pioneer Days in late July.

Sunrise Park Resort	Near Greer. 800.772.7669, 928.735.7669. See <i>www.sunrisepark.com</i> .	On Saturdays, Sundays, and holidays during the summer the park offers scenic lift rides with views as far as Flagstaff.
Village of Greer	From Pinetop-Lakeside, go 25 miles east on Hwy 260. Turn south on Hwy 373.	The Village of Greer is nestled in the Apache-Sitgreaves National Forest. This small town is on a mountain top next to the Little Colorado River. The drive to Greer is beautiful, particularly in the autumn when the leaves are turning color. There are several restaurants and motels.
Woods Canyon Mogollon Rim Overlook	See the description of Woods Canyon Lake in the section of this guide called <i>Visiting Local Lakes and Reservoirs</i> .	The overlook provides spectacular views of the southern border of the Colorado Plateau (i.e., the Mogollon Rim). There is a three-mile paved trail from the overlook to the lake.

## Visiting Indian Sites

	<b>Location/Directions</b>	<b>Description</b>
Casa Malpais Archaeological Park	318 Main Street (US Hwy 60) Springerville 928.333.5375 928.333.2123	A 13 <sup>th</sup> century ruin featuring a kiva, astronomical observatory, natural stone staircase, and petroglyphs. Tours are offered daily. Artifacts can be viewed at the museum on Main Street in Springerville.
Fort Apache	From Hon-Dah take Arizona 73 south 24 miles (4 miles south of Whiteriver) then go east for 1 mile on Fort Apache Rd. 928.338.4625	Early tribal headquarters for the White Mountain Apache (circa 1900). The park's trail system features a reconstructed Apache village, petroglyphs, and other archaeological sites. The post's cemetery is about one-half mile east of the fort. The park admission fee is paid in the Nohwike Bagowa museum. Admission entitles visitors to visit Kinishba Ruins, a partially reconstructed 13 <sup>th</sup> century pueblo village located about four miles west of Fort Apache.
Raven Site Ruins	Exit Hwy 180 12 miles north of Springerville (16 miles south of St. Johns). 928.333.5857	Remains of a pueblo occupied from roughly 100 AD through 1450 AD. A museum features artifacts of both the Mogollon and Anasazi cultures. The museum uses preservatives extensively. If you visit, you may want to wear a face mask and bring a change of clothes. Open May through September. Fees are required.

## ***Playing Tennis and Racquetball***

	<b>Location/Directions</b>	<b>Description</b>
Park southwest of Snowflake Post Office	At the intersection of 1 <sup>st</sup> St. West and 8 <sup>th</sup> St. South.	Tennis courts. They are next to a baseball diamond so non-game times are best for playing tennis. Game schedules are posted on the building next to the parking lot. Nearby radio transmitters are a problem for some visitors.
Pioneer Park	At the corner of Hwy 77 and Concho Hwy in Snowflake.	Racquetball courts. The park is near houses, a playground, and the stoplight at Concho Highway.
Taylor Public Park	One-half mile west of the stoplight at the intersection of Paper Mill Road and Hwy 77 in Taylor.	Racquetball courts. To use the courts, purchase a key for \$2 at the Taylor Town Hall (928.536.7366).

Before going to one of the local parks, call the town for information about possible herbicide spraying. Refer to the *Towns and Counties* section of this guide.

## ***Miniature Golfing***

*We don't have opera, but we do have miniature golf. ☺*

Miniature golf is available at White Mountain Family Recreation Center in Show Low. It is located on White Mountain Blvd. about one-half mile past Wal-Mart and Home Depot, and Lowe's (heading toward Lakeside). Sunday mornings are lightly attended and a good time to play.

## ***Skiing***

	<b>Location/Directions</b>	<b>Description</b>
Snowbowl Ski Resort	Seven miles from Flagstaff, off Hwy 180. See <a href="http://www.arizonasnowbowl.com">www.arizonasnowbowl.com</a> .	Terrain for both skiers and snowboarders, with over 2,300 feet of vertical drop (11,500 feet to 9,200 feet) and 32 trails that cover 777 acres.
Sunrise Park Resort	Near Greer. 800.772.7669, 928.735.7669. See <a href="http://www.sunrisepark.com">www.sunrisepark.com</a> .	Arizona's largest ski resort with an average annual snowfall of over 300 inches. The elevation ranges from 9,300 to 11,000 feet. The resort offers sleigh rides, sledding, and snowmobiling. See also the section of this guide called <i>Scenic Drives and Other Outings</i> .

## Landscaping and Gardening

Whereas much of the White Mountains area is covered with Ponderosa pine forests, the northern section that most of us live in is high desert. It is sparsely covered with juniper and pinon-juniper (called “PJ”). This section of the guide describes landscaping and gardening in the high desert area around Snowflake, Taylor, Cedar Hills, and Concho.

To provide landscaping around homes, many of us plant trees, often poplars.<sup>1</sup> Like aspens, willows, and maple trees, among others, many of us choose poplars both because they grow well and because they are seldom the source of allergic reactions. By contrast, pines, other coniferous trees, and Russian olive trees, for example, frequently trigger allergic reactions.

Trees need to be watered regularly during the spring, summer and fall growing season (even during the July – August monsoon season unless rainfall is especially heavy) and occasionally during the winter dormant season. A good watering schedule is several times per week during the growing season and once a month during the winter. Fencing is necessary to keep out rodents and cattle. Many of us use barbed wire around our yards to keep out the cattle, and additional rodent-proof fencing around tree trunks and gardens such as one inch mesh chicken wire that is 24 inches or more in height.

Gardening in this part of Arizona is challenging for a variety of reasons. But once the difficulties are overcome, organic gardening isn’t much harder than conventional gardening. The challenges include:

- *Irrigation.* Due to low levels of rainfall, a good irrigation system is essential, as you must rely on frequent, heavy irrigation. Depending on your soil type and the outdoor temperature and humidity, you may need to irrigate as often as once a day and generally will have to plan

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<sup>1</sup> The Cedar Hills Land Use/Community Plan (page G-1) says:

Deciduous shade trees that do well in our area, with heavy and deep watering, are aspens, poplars (cottonless cottonwood) and willows. Locusts make a hardier and more drought-resistant shade tree, with honey locusts providing vivid yellow leaves during the growing season. Because of winter freezes, citrus trees are not compatible; peach and apricot trees, and most varieties of apple, however do very well, along with a few varieties of nut trees. For best recommendations, check with a local nursery staff or the county agricultural agent.

For further information about land use planning in Cedar Hills, visit [www.cedarhillspan.org](http://www.cedarhillspan.org), or write to PO Box 1202, Snowflake AZ 85937-1202.

on at least every other day. Young seedlings will often require watering several times a day because of their shallow root systems. Drip irrigation works best for crops that have a confined root area, such as tomatoes, peppers, and squash. By contrast, overhead sprinklers work well for larger areas of corn, potatoes, and beans. Be sure to apply adequate amounts of water at definitely scheduled intervals. Early morning watering is best for two reasons. First, it avoids the evaporation losses that inevitably occur during the heat of the day. Second, it doesn't attract as many insect pests or encourage the growth of fungal diseases the way late day or nighttime watering does.

Intensive plantings in beds or plots work better than rows with a lot of bare soil between them. With intensive plantings water can be concentrated on the crop (keeping weeds to a minimum), and intensive plantings allow the plants themselves to shade the ground. Shade minimizes the bare soil that, due to high levels of direct sunlight, can reflect too much light back and burn up tender seedlings. Shade also keeps the soil from drying out, limiting the need for mulch. This is an important consideration since organic mulch is difficult to obtain in any quantity in this area, hard to keep in place during high winds, prone to produce mold, and a haven for rodents and insect pests. If you do elect to use mulch, you will need to place some type of low wall around the bed to hold the mulch or else use a trough planting system where the top of the bed lies below the surrounding soil level. Both of these methods give you a better chance of keeping the mulch from blowing away during windy weather.

- *Crop damage from extreme weather.* Plants can be damaged by locally destructive dust devils as well as other wind, sand, and hail storms. Wind is particularly a concern in the spring, while hail can be a problem during the summer "monsoon" season. Extreme day/night temperature fluctuations cause slower plant growth and delay maturity of warm weather crops; early and late season frost can cause damage; and high daytime heat early in the growing season can damage cool season crops. Walls-o-Water, Floating Row covers, and well-aired-out Shade Cloth (if you tolerate it) can all be used to protect plants from excessive sun, wind, frost, and so on, although the Floating Row covers are problematic during periods of high winds. Trough planting (the opposite of using raised planting beds) can also provide protection from wind damage and water evaporation as do metal, wood, or block walls around planting beds.

On the upside, because of extreme aridity, fungal and viral diseases are at a minimum as are insect pests and weeds. Crops that would succumb to diseases and pests endemic in more humid areas of the country can often be successfully grown by organic methods here.

- *Soil conditioning.* Because our soils are mostly formed of sand, clay, and volcanic materials (often in patches in the garden area), it's essential to add organic matter such as animal manure, compost, and mulch. The organic matter provides nitrogen and other nutrients for good plant growth.

Peat moss helps condition the soil, loosening up the clay and binding together the sand, adding moisture retention capability, and bringing pH levels into balance. If the pH of the soil becomes too alkaline, you can add small amounts of sulfur, in either crystal or powder form, to make it more acid. "Cinder sand," a type of ground volcanic material available locally, also conditions the soil and adds needed minerals in a form that is easily accessible to the plants.

Additional soil amendments and organic fertilizers, such as worm castings, biodynamic growth formulas, and biological pest control products are available from a couple of local nurseries and feed stores.

- *Animal pests.* Rabbits, rats, squirrels, gophers, and ground squirrels are prevalent and persistent, making adequate fencing a number one priority. One good solution is to use a five foot woven wire (2 x 4 inch mesh) fence with one-inch chicken wire added to cover the bottom 18 inches of the fence. The fence should be buried six inches below ground level around the outside perimeter. In a bad year, the chicken wire at the bottom of the fence may need to be even higher since a desperate, hungry rabbit can jump over it and through the 2x4 mesh above.

If you have gophers in your area you may need to use one-half inch mesh hardware cloth buried 12 to 18 inches deep along the bottom edge of the fence. Gophers have been known to chew through chicken wire. A "trap line" helps with small rodents such as ground squirrels, mice, kangaroo rats, and pack rats, which can climb over most types of fencing. It is especially helpful during the late spring and early summer when the rodent population is growing rapidly. It should include a variety of traps—such as water, live, snap, or zapper traps--in and around the garden. Barriers of smooth metal (that can't be climbed) around individual planting beds, bushes, and trees are also helpful.

The following table provides information about some of the places that offer plants, starts, soil amendments, and so forth.

	<b>Location and Phone</b>	<b>Recommendations</b>
ACE Hardware	221 W. Deuce of Clubs Show Low 928.537.5443 791 S. Main St. Snowflake 928.536.4756	50 lb. bags of deodorized steer manure, peat moss.
Ashokala Gardens	PO Box 504 Snowflake ashokalagardens@aol.com Kim and Joseph Costion	A Community Supported Agriculture (CSA) organic nursery. On a monthly basis throughout the growing season, the nursery provides started organic seedling vegetables, seeds, and herbs. Worm castings and bio-intensive or organic soil additions are available as well. To participate, gardeners can purchase shares in the program. Gardeners meet at the intersection of Concho Hwy and White Antelope Rd. once a month to pick up six-packs of the plants available for that month.
Christopher's Gardens	1629 White Mountain Blvd. Lakeside 928.368.6723	A good (but not organic) source of seed potatoes (available in early May); vegetable, flower, and herb starts and seeds; fruit and shade trees. Not free of chemicals.
Home Depot	5601 S. White Mountain Blvd. Show Low 928.532.1552	Flower, vegetable, and herb bedding plants and seeds as well as fruit and shade trees (inexpensive but not necessarily high quality or free of chemicals).
On-line and mail-order nurseries	Burpees, etc.	Typically no longer ship live plants to Arizona.
Reidhead Sand and Rock	2095 Paper Mill Rd. Taylor 928.536.4519	Cinder sand (red and black).
Silver Creek Feed Store	589 S. Main St. Snowflake 928.536.4335 Off Main St. in Snowflake behind ACE Hardware	50 lb. bags of deodorized steer manure, peat moss.

Sweet Corn Antique Store and Organic Nursery	At the corner of Lone Pine Dam Rd. and Hwy 260. Linden 928.537.2676	Organically grown bedding plants, vegetables, herbs, flowers, berry bushes, fruit trees, shade trees, worm castings, organic soil amendments, and biological pest control products (for grasshoppers and other insect pests). They also do landscaping using organic methods.
Wal-Mart	5401 S. White Mountain Blvd. Show Low 928.537.3141	50 lb. bags of deodorized steer manure; peat moss; flower, vegetable, and herb bedding plants and seeds as well as fruit and shade trees (inexpensive but not necessarily high quality or free of chemicals).

### ***For More Information***

The county offices of the University of Arizona Cooperative Extension are an excellent source of information about landscaping and gardening, as is the Extension website (See [www.ag.arizona.edu/extension](http://www.ag.arizona.edu/extension)). Most notably, the website features the following documents:

<b>Document</b>	<b>Web Address</b>
Annual Flowers for Northern Arizona Above 6,000 Foot Elevations	<a href="http://www.ag.arizona.edu/pubs/garden/az1255.pdf">www.ag.arizona.edu/pubs/garden/az1255.pdf</a>
Arizona Master Gardener Manual	<a href="http://www.ag.arizona.edu/pubs/garden/mg/index.html">www.ag.arizona.edu/pubs/garden/mg/index.html</a>
Arizona Plant Climate Zones	<a href="http://www.ag.arizona.edu/pubs/garden/az1169.pdf">www.ag.arizona.edu/pubs/garden/az1169.pdf</a>
Deer and Rabbit Resistant Plants	<a href="http://www.ag.arizona.edu/pubs/garden/az1237.pdf">www.ag.arizona.edu/pubs/garden/az1237.pdf</a>
Perennials for Northern Arizona Above 6,000 Foot Elevations	<a href="http://www.ag.arizona.edu/pubs/garden/az1256.pdf">www.ag.arizona.edu/pubs/garden/az1256.pdf</a>
Shrubs for Northern Arizona Above 6,000 Foot Elevations	<a href="http://www.ag.arizona.edu/pubs/natresources/az1285.pdf">www.ag.arizona.edu/pubs/natresources/az1285.pdf</a>
Vegetable Planting Guide and Recommended Planting Dates	<a href="http://www.ag.arizona.edu/pubs/garden/mg/vegetable/-regions13.html">www.ag.arizona.edu/pubs/garden/mg/vegetable/-regions13.html</a>

The Navajo County office is located at 100 E. Carter Dr., Holbrook (928.524.6271).

## Tracking Environmental and Emergency Information

The Joint Information Center provides assistance with emergencies of all types in Southern Navajo and Apache Counties. The JIC has a website (see [www.593info.org](http://www.593info.org)) as well as a phone line (dial 593). The website and phone line provide access to relevant agencies and county departments (e.g., Fire, Health, Emergency Management) and information in emergencies. During evacuations, personnel answer phone lines to help callers find shelters, find safe places for animals, etc.

The sheriff's department can interrupt radio stations with Public Service Announcements in an emergency. In addition, Navajo County Emergency Management can make computer-generated calls to households (sometimes called Reverse 911).

### ***Current Conditions and Planned Events***

In addition to the information the JIC provides, the following websites and phone lines provide information about planned events—such as prescribed fires and roadside spraying—as well as current environmental conditions (e.g., wildfires).

<b>Topic</b>	<b>Website/Phone</b>	<b>Description</b>
Air Quality and Pollution	See <a href="http://www.azdeq.gov">www.azdeq.gov</a> .	Arizona Department of Environmental Quality website.
	See <a href="http://www.Maricopa.gov/aq/status.aspx">www.Maricopa.gov/aq/status.aspx</a> .	Air quality information for Maricopa County (Phoenix area).
	See <a href="http://www.scorecard.org">www.scorecard.org</a> .	Pollution reports by county covering air, water, and chemicals. Also provides reports that compare counties.

Prescribed Fire and Wildfire	See <a href="http://www.azstatefire.org">www.azstatefire.org</a> .	Arizona State Land Department website that provides links to other websites with fire information.
	See <a href="http://www.azdeq.gov/environ/air/smoke/daily/index.html">www.azdeq.gov/environ/air/smoke/daily/index.html</a> .	Prescribed fire plans of federal and state agencies, as well as Indian reservations.
	800.546.6591 See <a href="http://www.azdot.gov/Highways/Nresources/Contact_Us.asp">www.azdot.gov/Highways/Nresources/Contact_Us.asp</a> .	Prescribed fires (controlled burns) scheduled by the Arizona Department of Transportation Natural Resources section.
	See <a href="http://gacc.nifc.gov/swcc">gacc.nifc.gov/swcc</a> .	Public information website for the Southwest Coordination Center--the geographic area hub of the National Interagency Fire Center (NIFC).
	See <a href="http://www.nifc.gov/information.html">www.nifc.gov/information.html</a> .	Current Wildland Fire report provided by NIFC.
	See <a href="http://activefiremaps.fs.fed.us/lg_fire2.php">activefiremaps.fs.fed.us/lg_fire2.php</a> .	US Forest Service maps of large fires.
	See <a href="http://www.fs.fed.us/r3/coconino">www.fs.fed.us/r3/coconino</a> <a href="http://www.fs.fed.us/r3/asnf">www.fs.fed.us/r3/asnf</a> <a href="http://www.fs.fed.us/r3/tonto">www.fs.fed.us/r3/tonto</a> .	Public information websites of the national forests that provide information about fires in and near the forests.
	See <a href="http://www.pinetopfire.org">www.pinetopfire.org</a> .	Pinetop Fire Department.
Roadside Spraying	800.546.6591 See <a href="http://www.azdot.gov/Highways/Nresources/Contact_Us.asp">www.azdot.gov/Highways/Nresources/Contact_Us.asp</a> .	Roadside spraying scheduled by the Arizona Department of Transportation Natural Resources section.
Spraying in State Parks	Contact the county office of the University of Arizona Cooperative Extension.	Annual spraying for bark beetles usually occurs in March.
Weather	See <a href="http://www.weather.com">www.weather.com</a> <a href="http://www.wunderground.com">www.wunderground.com</a> <a href="http://www.weatherbug.com">www.weatherbug.com</a> . Taylor airport: 928.536.2609	Current weather conditions and forecasts.

When events occur that are of general concern to our community, if possible we provide alerts through email and a phone tree. Often alerts are provided for roadside spraying and for smoke related to prescribed fires and wildfires.

### ***Preparing for and Managing in Emergencies***

In planning for emergencies, it is recommended that each of us prepare a pack that includes everything we would need if we should suddenly have to stay away from home for three days. These packs are recommended for everyone, not just people with personal environmental health concerns. For many people, the most critical contents of the three-day pack are prescription medications and medical supplies (e.g., face masks, oxygen, etc.). For suggestions regarding the contents of three-day packs, refer to the subsection called *For More Information* at the end of this section.

If you request it, the health and/or emergency management department in your county will keep information about your special needs, including needs for assistance in case of an emergency. You can call the county sheriff's department to give them that information or let them know of a neighbor or someone you are aware of who may need assistance. If evacuation assistance has already been arranged through other means, the sheriff's department can provide a backup plan.<sup>2</sup>

The counties and the Salvation Army are setting up a special needs shelter for people who are either elderly, disabled, or on special diets, in addition to others needing medical supervision. Current plans for the shelter include minimal accommodations for individuals with MCS. Officials are developing plans for a special needs shelter for any type of emergency situation, however at this time they are focusing on wildfires. In the event of an emergency, officials will decide where to locate the shelter based on current and anticipated conditions. For instance, during a fire the shelter would be located in an area that is relatively smoke free and away from fire danger.

Those of us who may not be able to leave home need to consider alternative plans for emergencies, particularly for wildfires. One possibility is to develop plans for sheltering in place.

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<sup>2</sup> At the state level, the Arizona Emergency Response Commission (AZSERC) trains service providers in accessibility and also assists with planning for emergencies. AZSERC can be reached at 602.231.6346, or [AZSERC@azdema.gov](mailto:AZSERC@azdema.gov).

## ***For More Information***

- *A Citizen's Guide to Evacuation Information for Navajo County*, Navajo County Sheriff and Navajo County Emergency Management.
- *Preparing for Disaster for People with Disabilities and Other Special Needs*, available from FEMA at 800.480.2520 (PO Box 2012, Jessup, MD 20794-2012)
- *Preparing Makes Sense. Get Ready Now*, available from the Department of Homeland Security, at [www.ready.gov](http://www.ready.gov).

## **Being a Community**

Naturally, there are many benefits of living in a community with others with environmental illness. Since we have similar needs for environmental restrictions, we can look out for one another and troubleshoot for one another. But helping one another can be challenging, as many of us are coping with a variety of severe medical conditions and with their practical, social, and financial consequences. Informally, many of us have found that it helps to follow some principles for interpersonal and group interactions.

Below are practices for personal interactions that we find helpful. Following the list of practices is information about managing our properties. Both sets of guidelines are intended to further our own interests as well as serving the common good.

## ***Looking Out for Your Friends and Neighbors***

### *Being Safe*

As we all know too well, a large part of safety for people with environmental illness is maintaining a predictable environment that is as free as possible of the chemicals, sounds, and electromagnetic fields that we are sensitive to.

Because we follow a mutually understood (but implicit) set of guidelines for interpersonal interactions and group events, we all know roughly what environmental conditions we will encounter when we visit one another or attend a party or meeting, and we plan accordingly. These guidelines are simple common sense for people with environmental illness. They primarily involve avoiding

exposing one another to products most of us react to such as perfume, fabric softener, sunscreen, yard-care products, cleaning products, and cell phones.

By following the mutually understood guidelines, we are able to welcome to some events people who don't have environmental illness, but who follow the guidelines. Many people adhere to the practices because of other disabilities and health conditions (e.g., asthma).

### *Respecting the Diversity Among Us*

In addition to avoiding exposing one another to the products many of us react to, we also avoid exposing individuals to things that are uniquely problematic for them. Most of us know something about what makes one another sick, and we are careful to avoid causing those exposures. This may sound like common courtesy, and it is – EI style.

We also try to respect each individual's personal preferences for managing his or her environment. Some of us avoid unwanted exposures in our homes by avoiding having company, while others of us have company in our homes and depend on guests conforming to safe practices when visiting.

Finally, we try to respect one another's needs with regard to communication. Some have difficulty talking on the phone, others can't use email, and others have trouble meeting in person. Accordingly, we honor these limitations and communicate in the ways that are most effective.

### *Keeping Each Other Informed*

Typically there are many eyes, ears, and noses on the lookout for potential dangers such as roadside pesticide spraying, upwind wildfires, and so forth. When one of us hears of a situation that might be problematic, a usual practice is to check out the facts (e.g., on the Internet), and then alert others in the group as appropriate by phone or email.

An aspect of informing others that is critical, but frequently forgotten, is the need to contact people a second time if you find out that the earlier information was incorrect. Often as more data becomes available, our understanding of a situation changes. It is essential to update people you've contacted so that they aren't operating off incorrect information.

### *“Need to Know” Policy*

Whereas typically we all have a need to know about environmental conditions, many aspects of our lives are exclusively our personal concerns. The flip side of keeping each other informed is to exercise good judgment about what you repeat.

### *Minimizing Cross-Cultural Conflict*

Most of us are new to northern Arizona and, in fact, new to the southwest, and the culture and life-styles common here are different from what we are used to. Families that are native to the area have in many cases been here for generations and they have well-established subcultures and religions. While the local people and their lifestyles may seem unusual to us, typically we seem far more unusual to them.

When interacting in the larger community we always try to be aware of this, and to be aware that we are the newcomers in an area with a long and rich history.

### *Choosing the Appropriate Forums*

It can be very upsetting when we encounter situations and customs that don't conform to our beliefs about how society should function. But typically our everyday lives are not the best place to try to effect political or social change, because a likely consequence is to draw fire onto ourselves, our friends and neighbors, and onto the community. This can put the community in jeopardy.

In contrast, there are many organizations at the state and national levels that provide good forums for pursuing political action. Many of these are listed in the *Disability Advocacy* section of this guide. As individuals we can work with these organizations to bring attention to the needs of the environmentally ill.

### *Representing the Group*

Since many local people readily identify us as members of the environmental-illness community, sometimes what one of us says is taken as a group position or opinion when in fact it is just a personal opinion. We all need to be mindful of this, and not intentionally or accidentally appear to be representing the group. In the past when the group has needed to take a unified stand (e.g., regarding a proposed wireless communications tower), we held group meetings and identified people to speak for the group.

## *Esprit de Corps*

Because of our mutual environmental needs, taking advantage of the strength in our numbers is in our best interest. In other words, it is really smart for us to stick together. “Sticking together” includes looking out for one another’s morale, and maintaining as positive an outlook as possible.

## ***Managing Your Property***

Naturally, we all manage our properties in conformance with local zoning restrictions as well as county, town, and community-level plans. In addition, we follow our own practices to protect the needs of the environmentally ill.

Each area has a set of planning documents in place. For those of us in Cedar Hills, the relevant documents are the Navajo County Revised Comprehensive Plan and the Cedar Hills Land Use/Community Plan. The latter document provides guidelines on topics such as outdoor lighting, trash disposal and recycling, and managing domestic animals. Also, it provides information about local zoning regulations. While most of the immediate area is residential, there is a small commercial zone along the highway that prohibits some environmentally-sensitive commercial uses, including: laundries, dry cleaners, gas stations, cabinet and carpenter shops, blueprint and photostat shops, printing and lithograph shops, auto body and auto painting shops, and pest control businesses.<sup>3</sup>

The additional policies that many people with environmental illness informally adhere to include a variety of practices designed to protect and further our needs and interests, and to preserve the value of our property and neighborhood for ourselves and future residents with similar needs. The practices include, for example: not using pesticides, herbicides, or fungicides; not having radio frequency transmitting equipment (except personal cell phones); not producing smoke or fumes; and minimizing noise pollution.

When we sell our properties, most of us market first to people with environmental illness. Some members of the community provide assistance in marketing properties to our peers nationally.

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<sup>3</sup> See “County Board Approves Cedar Hills Zone Change” in the *Silver Creek Herald*, September 12, 2001.

## For More Information

### *Towns and Counties*

The following websites and contacts provide general information about the towns and counties, including governmental, demographic, climate, geographic, and historical information, as well as listings for businesses.

For profiles of the towns and counties, also refer to the Arizona Department of Commerce ([www.azcommerce.com/Research](http://www.azcommerce.com/Research), 1700 W. Washington, Suite 600, Phoenix, AZ 85007, 602.771.1100).

	<b>Contact Information and Websites</b>
Apache County	See <a href="http://www.co.apache.az.us">www.co.apache.az.us</a> , <a href="http://www.apachecountyaz.com">www.apachecountyaz.com</a> , <a href="http://www.usacitiesonline.com/azapachecounty.htm">www.usacitiesonline.com/azapachecounty.htm</a> .
Navajo County	See <a href="http://www.co.navajo.az.us">www.co.navajo.az.us</a> , <a href="http://www.usacitiesonline.com/aznavajocounty.htm">www.usacitiesonline.com/aznavajocounty.htm</a> . Board of Supervisors Governmental Complex PO Box 668 Holbrook, AZ 86025 ncbox@col.navajo.az.us JR DeSpain, Supervisor District III Ofc: 928.524.4053 Fax: 928.524.4239
Pinetop-Lakeside	See <a href="http://www.pinetoplakesidemainstreet.com/ourcommunity/index.htm">www.pinetoplakesidemainstreet.com/ourcommunity/index.htm</a> , <a href="http://www.pinetoplakesidechamber.com">www.pinetoplakesidechamber.com</a> , <a href="http://ci.pinetop-lakeside.az.us">ci.pinetop-lakeside.az.us</a> . Pinetop-Lakeside Visitor Center 102 W. White Mountain Blvd. Pinetop-Lakeside 928.367.4290 Parks and Recreation: 1360 Niels Hansen Lane Lakeside, AZ 85929 928.368.6700 Monthly climate summary: <a href="http://www.wrcc.dri.edu/cgi-bin/cliRECTM.pl?az6597">www.wrcc.dri.edu/cgi-bin/cliRECTM.pl?az6597</a>

Show Low	See <a href="http://www.ci.show-low.az.us">www.ci.show-low.az.us</a> , <a href="http://www.showlowchamberofcommerce.com">www.showlowchamberofcommerce.com</a> .
	Show Low Visitor Center 81 E. Deuce of Clubs Show Low 928.537.2326
	Parks and Recreation: 1100 W. Deuce of Clubs Show Low, AZ 85901 928.532.4140
	Monthly climate summary: <a href="http://www.wrcc.dri.edu/cgi-bin/cliRECtM.pl?az6597">www.wrcc.dri.edu/cgi-bin/cliRECtM.pl?az6597</a>
Snowflake	See <a href="http://www.ci.snowflake.az.us">www.ci.snowflake.az.us</a> , <a href="http://www.snowflaketaylorchamber.org">www.snowflaketaylorchamber.org</a> <a href="mailto:snowcham1@frontiernet.net">snowcham1@frontiernet.net</a>
	Snowflake Visitor Center 110 N. Main St. Snowflake 928.536.4331
	Parks and Recreation: <a href="http://www.ci.snowflake.az.us/res-parks.htm">www.ci.snowflake.az.us/res-parks.htm</a> <a href="mailto:parks@ci.snowflake.az.us">parks@ci.snowflake.az.us</a> 81 W. 1 <sup>st</sup> St. Snowflake 928.536.7103
	Monthly climate summary: <a href="http://www.wrcc.dri.edu/cgi-bin/cliMAIN.pl?az8012">www.wrcc.dri.edu/cgi-bin/cliMAIN.pl?az8012</a>
	Local History and Lore (See the Stinson Museum): <i>Snowflake Stake Centennial</i> , edited by Beth Erickson <i>From Indian Trails to Jet Trails: Snowflake Centennial History</i> , by Albert J. Levine <i>Fire in the Sky</i> , by Travis Walton (also a movie) <i>The Tragedies of Taylor</i> , by Ida Webb
Taylor	See <a href="http://www.tayloraz.org">www.tayloraz.org</a> , <a href="http://www.snowflaketaylorchamber.org">www.snowflaketaylorchamber.org</a>
	Taylor Visitor Center Co-located with the museum on Main St. 928.536.6649
	Parks and Recreation: Taylor Town Hall 425 W. Paper Mill Rd. Taylor 928.536.7366
	Monthly climate summary: <a href="http://www.wrcc.dri.edu/cgi-bin/cliMAIN.pl?az8012">www.wrcc.dri.edu/cgi-bin/cliMAIN.pl?az8012</a>

## ***National Forests and Indian Reservations***

Like much of Arizona and other states in the interior west, large parts of our area are National Forests managed by the US Forest Service. Other large areas are tribal lands, primarily lands of the Apache and Navajo tribes. For information about these areas, refer to the following websites.

	<b>Contact Information and Websites</b>
Apache-Sitgreaves National Forest	See <a href="http://www.fs.fed.us/r3/asnf">www.fs.fed.us/r3/asnf</a> .
Coconino National Forest	See <a href="http://www.fs.fed.us/r3/coconino">www.fs.fed.us/r3/coconino</a> .
Navajo Nation	See <a href="http://www.Navajo.org">www.Navajo.org</a> .
Tonto National Forest	See <a href="http://www.fs.fed.us/r3/tonto">www.fs.fed.us/r3/tonto</a> .
White Mountain Apache Tribe	See <a href="http://www.wmat.nsn.us">www.wmat.nsn.us</a> .

## ***MCS and Environmental Illness***

The following table lists some national and local area support groups, as well as informational websites and mailing lists.

<b>Organization</b>	<b>Contact Information</b>	<b>Description</b>
Arizona Environment Health Bulletin	See <a href="mailto:aehb@frontiernet.net">aehb@frontiernet.net</a> .	Email newsletter containing announcements by people with environmental illness for their peers (e.g., items wanted and for sale, services wanted and available, and so forth.)
Chemical Injury Information Network (CIIN)	CIIN PO Box 301 White Sulphur Springs Montana 59645 406.547.2255 <a href="mailto:chemicalinjury@ciin.org">chemicalinjury@ciin.org</a> See <a href="http://www.ciin.org">www.ciin.org</a> .	National organization that publishes a monthly newsletter called <i>Our Toxic Times</i> .
Chemical Injury Support	<a href="mailto:chemicalinjurysupportowner@yahoogroups.com">chemicalinjurysupportowner@yahoogroups.com</a>	An international on-line support group of about 500

		people with MCS.
EI Wellspring Website	<a href="http://www.eiwellspring.org">www.eiwellspring.org</a>	Practical information for coping with chemical and electrical hypersensitivities.
HEAL (Human Ecology Action League)	Human Ecology Action League, Inc. PO Box 509 Stockbridge, GA 30281 770.389.4519 HEALNatnl@aol.com See <a href="http://members.aol.com/HEALNatnl">members.aol.com/HEALNatnl</a>	HEAL (Human Ecology Action League) is a large national group that assists with local support groups across the country. They publish a quarterly magazine.
HEAL of Southern Arizona	See <a href="http://www.healsoaz.org">www.healsoaz.org</a> .	The larger of two HEAL chapters in Arizona, based in Tucson. The chapter publishes a quarterly newsletter called <i>Ecologic News</i> . They hold monthly meetings in the Tucson area and have occasional hikes, yard sales, and other outings. The membership is mostly from Arizona, but some members are from other states. There is a fee to join and receive the newsletter.
Rocky Mountain Environmental Health Association	RMEHA P.O. Box 19924 Colorado City, CO 81019 719-676-3715 estiltner@sccs.com.	The HEAL chapter for Colorado. The chapter publishes a newsletter every other month. There is a fee to join and receive the newsletter.
Southwest Environmental Health Association	<a href="mailto:phxhealchapter@msn.com">phxhealchapter@msn.com</a> . See <a href="http://www.geocities.com/phxheal">www.geocities.com/phxheal</a> .	HEAL chapter with about 200 members who are primarily from Arizona, Utah, and New Mexico. This group does not hold meetings, but members are active on-line. There is no cost to join. On the web site you can sign up for the on-line support group.

## **Disability Advocacy**

<b>Organization</b>	<b>Contact Information</b>	<b>Description</b>
Advocates for the Disabled	5060 N. 19 <sup>th</sup> Ave. Phoenix, AZ 85015 602.212.2600	Help people get disability benefits.
Americans with Disabilities Act implementation for Navajo County	Navajo County Complex Holbrook 928.524.4070 Tommy Price	
National Alliance for the Mentally Ill of Arizona (NAMI Arizona)	2210 N. 7 <sup>th</sup> St. Phoenix, AZ 85006 800.626.5022 Fax: 602.244.9264 David Lerner, Executive Director	Non-profit support groups for people with serious mental illnesses and their families. Statewide affiliates offer support and advocacy. Has a resource library.
Arizona Attorney General's Office	1275 W. Washington St. Phoenix, AZ 85007 602.542.5025 800.352.8431	Assistance with civil rights issues and consumer affairs.
Arizona Bridge to Independent Living (ABIL)	1229 E. Washington Phoenix, AZ 85034 602.256.2245 800.280.2245 Fax: 602.254.6407 Phil Pangrazio, Executive Director	One of several Independent Living Centers in Arizona. Others are located in Apache Junction, Casa Grande, Yuma, Tucson, Tuba City, and Prescott Valley. The ILC in Prescott Valley, "New Horizons," has responsibility for our area. Refer to the <i>Service Providers</i> section of this guide.
Arizona Center for Disability Law	3839 N. 3 <sup>rd</sup> St., Suite 209 Phoenix, AZ 85012 602.274.6287 800.927.2260 Peri Jude Radecic, Acting Director	State and federally-funded programs such as Protection and Advocacy for Individuals with Mental Illness, AIDS/HIV Advocacy Project, Assistive Technology Project, Client Assistance Program for Consumers of Vocational Rehabilitation, Independent Living Rehabilitation Services, Independent Living Centers, and Special Education. No fee.

Arizona Office for Americans with Disabilities	100 N. 15 <sup>th</sup> Ave, Suite 361 Phoenix, AZ 85007 602.542.6276	Provides training for state agencies regarding the ADA.
Catholic Charities	434 W. Gurley St. Prescott, AZ 86301 928.778.2531 Janeellen Damstra, Supervisor for Elderly and Disabled	Benefits counseling.
University of Arizona Disability Resource Center	Highland Commons 1224 E. Lowell St. Tucson, AZ 85721 520.621.3268 Sue Kroeger, Director	Helps students and employees of the university obtain disability accommodations.
Legal Aid of the White Mountains	Wagon Wheel Plaza 5658 Highway 260, Suite 15 Lakeside, AZ 85929 928.537.8383 800.658.7958	Handles civil cases for qualifying low-income clients. This includes primarily landlord-tenant issues, divorces in domestic violence cases, child custody, guardianship, etc.
Southern Arizona Legal Aid, Inc.	64 E. Broadway Tucson, 85701 520.623.9465 (main line) 520.623.9461 (intake) Doris Lee Butler, Acting Director	Handles civil cases for qualifying low-income clients.
Statewide Independent Living Council (SILC)	2400 N. Central #105 Phoenix, AZ 85004 602.262.2900 Tony DiRenzi, Director	Advocates for people with disabilities.
US Department of Housing and Urban Development	Office of Disabilities 451 7th St SW, Room 4132 Washington, DC 20410 202.708.0614 ext. 6633 Contact Akil Johnson, Program Analyst	
US Department of Justice	Disability Rights Section Civil Rights Division 950 Pennsylvania Ave., NW Washington, DC 20530 202.307.0663 Information: 800.514.0301 Fax: 202.307.1198 John L. Wodatch, Chief	General ADA information, legalistic answers to specific technical questions, free ADA materials, and general information related to filing complaints.