

Wrangler NEWS

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ANNUAL INITIATIVES

Hygiene Kits
Families using food stamps cannot purchase hygiene items including soap, shampoo, toothpaste, toilet paper, feminine hygiene products or diapers.

Health and Wellness
In conjunction with Chandler Regional Medical Center, the First Things First group, and other Friends of the Foundation, all families in Kyrene are offered free dental, dental clinics, and parent education on a variety of topics.

Food Boxes
Friends of the Foundation collect non-perishable food items to create complete food boxes to feed a family of four for one week.

Gently Used Clothing
Friends of the Foundation donate gently used clothing for Kyrene children and teens. Clothing items must be in good condition, and free from rips and stains.

School Supplies
Families are assisted year-round with school supplies needed to complete homework projects. Items include pencils, paper, colored folders, calculators, colored markers, glue sticks, scissors, and construction paper.

ANNUAL INITIATIVES

Backpacks for Student
The Foundation and Resource Center work with community partners to supply new backpacks and supplies to children in need at any time during the school year.

Dressed for School
Students in need receive new and gently-used outfits once a month. In addition, Operation School Bell helps disadvantaged students shop for brand new clothing and underwear.

Thanksgiving Food Boxes
In partnership with the Real Gift Foundation, Friends of the Foundation, complete pre-cooked Thanksgiving meals and hygiene kits are distributed.

Winter Wonderland
Winter Wonderland is an event to support Kyrene families in need who have been identified by social workers, school office staff, and the district homeless liaison. Families who attend are able to select from donated toys and stockings.

Wishes Come True
The Foundation and Resource Center collect gently used toys, accessories for 8th grade promotion ceremonies, activity packs. Friends of the Foundation collect educational gaging items for students who are academically challenged. Donations include: crayons, markers, decks of cards, puzzles, board games, spiral bound notebooks and glue sticks.

A Taste of Determination

The brain trust behind this year's Taste of Kyrene fundraising extravaganza includes, from left, front: Larissa Rzeminski, Marjean Steinkamp, Kelly Katsiris, Tricia Hill and Sarah Danielson; back: Shari Vogel, Traci Estenson, Christian Acosta and Tenia Newburn. Details Pgs. 9 & 17.

— Wrangler News photo by Patrick

**Feb. 18-March 2, 2012
Vol. 23, No. 4**



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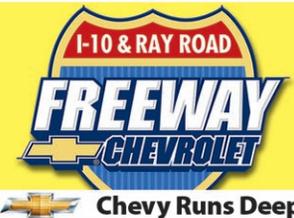


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Tempe - Graystone

4 Bedrooms / 3 Bath, 2,831 sf - Nicely remodeled custom in Graystone a premiere gated community in South Tempe. Granite in the kitchen, beautiful cabinets, great flooring, an amazing laundry room, private lot backing to single level homes. Delightful backyard, with lush landscape and fantastic pool. Beautifully maintained, and shows to perfection, what an opportunity to live in Graystone. The private streets are graced with tall mature trees, a delightful and inviting community with cobblestone entry. Best Kyrene Schools and Corona Del Sol High School. It all comes together in this quality home. Offered at \$525,000



Chandler - Old Stone Ranch

5 Bedrooms / 3 Bath, 3,827 sf - Located next to a green belt is this beautiful home with a partial stone front. Showcasing formal living area, huge island kitchen w/upgraded cherry wood cabinets & stainless appliances which is open to the spacious family room, downstairs guest room w/private bathroom, upstairs master w/stunning bathroom and private balcony. Offered at \$425,000



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4 Bedrooms / 3 Bath, 2,382 sf - Beautiful Gilbert home in Sonoma Ranch. Spacious living area with cozy fireplace. Home features Vaulted Ceilings, Ceiling fans and Shutter Window covers. Light oak kitchen cabinets with breakfast bar. Large Office. Master suite upstairs w/ sitting room. Oversized backyard great for entertaining. Close to schools and parks. Offered at \$195,000

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Barrow extension now at Chandler Regional

By Alison Stanton

Up until recently, patients who arrived at the emergency room at Chandler Regional Medical Center with neurologically related health issues were typically evaluated and then transported to St. Joseph's Hospital and Medical Center in Phoenix, so that they could be treated by physicians at Barrow Neurological Institute.

Now, thanks to the hospital credentialing the physicians at Barrow Neurosurgical Associates, who work out of Barrow's renown center in Phoenix, most patients who require neurosurgery can get all of the care they need right at the Chandler hospital.

According to Patty White, president and chief executive officer of Chandler Regional, this new service, which went into effect last September, is part of the hospital's goal of not only expanding its physical building capacity, but of growing its list of programs and available treatments that can benefit the many families who come there for treatment.

"Being members of Dignity Health, it seemed like a logical extension to have the world-class services that Barrow offers at St. Joe's expand over to the east valley," she said.

Taro Kaibara, M.D., a neurosurgeon at Barrow Neurosurgical Associates and director of neurosurgery at Chandler Regional Medical Center, said the team of physicians from Barrow Neurosurgical Associates, who are on call 24 hours a day, can work within the emergency department, radiology, all units of the ICU, and the medical and surgical floors.

"We can offer a broad scope of treatments to patients," he said, adding that the neurologists can treat anything from head trauma cases and brain tumors to both simple and complex spinal procedures, and much more.

"Some of the more complex cases like aneurysms we will still treat up at St. Joe's, but in most cases patients do not have to be transported there. Almost everything can be done locally at the Chandler hospital, which is hopefully just a few miles from the patient's home."

White said she was thoroughly impressed by her staff at Chandler Regional who banded together quickly and efficiently to make the new neurosurgical services a reality. She is equally amazed by the dedication of the Barrow neurosurgeons who can now work there.

"After asking 'would you like to

— BARROW, Page 10

Update: Metro Light Rail Benefits surpass expectations

By Daniel Rasmussen

It just celebrated its three-year anniversary, and it's safe to say METRO Light Rail has become an integral part of the daily commutes of many Tempe residents.

With its ridership growing by more than a million passengers annually, METRO is quickly becoming a symbol of a cleaner, more efficient city.

However, light rail is not the sustainability godsend some may misinterpret it to be. It was actually introduced solely as a transportation system that would be cheaper than driving a car, and could get passengers to their destination without stress and traffic.

A decrease in congestion was one of the desired effects. But the environmental benefit was never the main concern.

Rob Melnick, executive dean of Arizona State University's Global

Institute of Sustainability, says that it's going to require more than a few cars coming off the road to make a true difference.

"Yes, when you take fewer cars off the street, you are introducing less carbon dioxide into the atmosphere," he says. "But for every person not driving their car, light rail is still using a boatload more electricity, which is generated from fossil fuels."

Melnick says that light rail acted as a "coming of age" for the Valley, and until it expands to reach a larger number of people, it will not be a major source of environmental efficiency.

Phoenix was built as a sprawling, auto-centric city, as a rebellion from the classic European layouts of New York and Boston, which stand out among the nation's "greenest cities." That's due in large part to their concentrated public transportation

— METRO, Page 12



Tempe firefighters volunteered to help kids raise their awareness of need for healthy living.

Kids blazing a trail to fitness, thanks to Tempe firefighters

Story & photo by Mark Crudup

Tempe kids ages 6 to 14 were hopping and crawling through hurdles, running drills and playing games with Tempe firefighters during a free event at the Tempe Beach Park during a sunny Saturday afternoon earlier this month.

The outside event brought kids together for a fitness camp designed to help children develop better exercise habits, all focused on battling the epidemic of childhood obesity that is growing across the nation.

"One in every three kids in the United States is overweight or obese, and we have a lot of firefighters who are involved in the community as youth group leaders or athletic coaches," said Kyle Brayer, one of the participating

Tempe firefighters.

"So we all kind of teamed up and donated our time to come out to raise awareness and let the kids have some fun. It's fun for us, too."

Thirty off-duty firefighters of Local 493 volunteered their time to instruct the kids as they worked their way through stations specially developed for the program. The coaches taught each group age-appropriate exercises, drills and games. Parents were encouraged to attend and talk with coaches about how to implement the same skills at home.

"Today, we're focusing on muscle strengthening, bone strengthening and aerobic conditions," Brayer said. "It's really important to keep those

— FIREFIGHTERS, Page 10

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All-City Sports Notebook . . . with Alex Zener

Aztecs

On a roll

Corona came out unscathed and on a roll after winning the Section II tournament Feb. 11 by defeating Mesa Red Mountain 65-44 at Mesquite High school.

"It's nice to go in the state tournament playing well and on a roll," said coach Sam Duane Jr. "We had to play three tough games at the sectional tournament, which should help get us ready for the challenges ahead."

Making it to the sectional championship game and keeping their winning streak alive at 27 was no easy task for the Aztecs. For openers, Section II, which contains five of the top eight ranked teams, is undoubtedly the toughest Division I section in the state.

Second, the Aztecs' major challenge came during their first game of the tournament against No. 14-ranked Dobson. Corona had easily defeated Dobson in two earlier games 85-55 and 84-70, but the Mustangs came out firing on all cylinders, making five treys, and had the Aztecs down by 18 at one point in the first half.

The Aztecs scrambled on defense and were able to finally get some shots to fall and ended up only being down by one point heading into the half. Dobson led most of the game with the score tied to start the fourth quarter. Corona went ahead by one point on a trey from **Bryan Siefker** with only seconds left to play. The Mustangs fell short of pulling off a huge upset when their shot missed before the buzzer and the Aztecs were able to squeak out a win.

"Like I tell our kids all the time, anyone can beat anyone on any given night," said coach Duane. "It was good for us to play a close game against Dobson. We had not played a close game in a while. Getting so far down early in the game helped us to see that it's important that we get ourselves mentally and physically prepared to come out ready to execute and play every night."

Corona's second-round game against the Gilbert Tigers, Feb. 10, was also a barn burner. The Aztecs fell behind early in that game too, actually down 11 points at 17-28 with a little over two minutes to go in the first half, but got a momentum shift when reserve players **Elijah Hempstead** sunk a three-footer and **Braden Tennyson** made two big shots outside the arch.

Corona was able to cut the lead to seven with hustle plays on both ends of the court. It started when Duane decided to go for trapping quickness. With four guards and power forward Avery Moss on the court, the Aztecs out hustled the Tigers scoring four unanswered points in the final two minutes of the first half.

The Aztecs mini-run was started when Moss was fouled going hard to the rim converting on one of his two free throws. **Casey Benson**, with a team-high



Celebrating their Section II tournament win were, front: Calaen Robinson, Casey Benson, Matthew Lemke, Avery Moss, Cassius Peat. Back: Braden Tennyson, Adam Gleave, Austin Millyard, Elijah Hempstead, Alex van Ryswyk, Jesse McCain, Vance Arnold, Jaret Givens, Bryan Siefker, Andrus Peat.



Corona's wrestling team qualified nine wrestlers for the state tournament placing seven in the top six at the Division I state wrestling championship tournament Feb. 11. Front: Glenn Farina. From left, next row: Coach Richards, Coach Martinez, Riley Rayburn, Matt Churchill, Jay Tucker, Sabrina Gerken (team manager), Coach Turner. Standing: Coach Caliendo, Brix Kronborg, Josh Caliendo, Zach Walton, Ethan Tursini, Daniel Cartagena, Justin Butler, Steven Rodriguez, Jason Landrum, Coach Cartagena, Coach Walton.

— Photo courtesy Kelee Walton

16 points, then swished a 2-pointer. On a Corona steal, **Calaen Robinson** was fouled driving to the basket making one of his two free throw attempts to make it 21-28 at the half.

Robinson, who ended the game with 13 points, came alive in the third quarter, blocking shots and scoring back-to-back three-pointers to cut the Tigers' lead to just three points at 27-30. Benson made it a one-point game, 29-30, with a little over five minutes to play in the quarter.

Gilbert did not surrender the lead until Moss added two of his 11 points to put the Aztecs up 36-35 with two minutes to play in the third. Tennyson, who had a monster game off the bench, made his third out of the four treys for the night and the game was all tied up at 39 heading into the fourth and final quarter.

The Tigers kept it close, getting within one point at 43-42 but never led in the fourth quarter. Andrus Peat and Moss wore out the smaller Gilbert players in the paint, easily getting rebounds and put-backs in the final quarter. One Gilbert player, in particular, found out how hard it is to penetrate into the paint on Corona's big guys, when he crumbled to the ground after running into Peat on a back door cut.

The Aztecs started to pull away with a 9 to 4 run and a 48-43 lead when the Tigers responded with a run of their own pulling within one point at 51-50 with 2:50 to play. Corona clamped down on defense holding the Tigers pointless the final minutes while making a 9-0 run to close out the game 60-50.

The championship game, Feb. 11, was against Mesa Red Mountain, the No. 6 team. This game was pivotal to the team's momentum heading into the state tournament. Despite some interesting referee calls, the Aztecs were able to go up 30-20 with energetic traps forcing several turnovers which they converted to transition baskets and points in the paint.

"The trap worked well for us," said Duane. "We were also very patient on offense, working the ball around to get good shots."

Andrus Peat utilized his fluid post moves and size to grab several rebounds and score eight points in the first half while Robinson, also with eight points in the half, and Benson exploited the Mountain Lions' weaknesses with good ball movement and control to gain the upper hand, spreading the offense to allow seven Aztecs to score, including Seifert, Tennyson, Moss and **Cassius Peat**.

Moss slammed down a thunderous one-handed dunk in traffic to start the second half and set the tone for the rest of the game. Tennyson and Hempstead came out with great defensive energy while Robinson and Benson continued their excellent ball movement to not only feed each other but to provide opportunities for others to shoot the ball.

The Aztecs outscored the Mountain Lions 12-5 in the third quarter and went on a 13-4 run in the fourth, made possible by outstanding defense resulting in turnovers or missed baskets as illustrated by Robinson taking a charge and blocked shots by Moss and Peat.

"We defended really well tonight," said Duane. "What we did was not spectacular but we did a workman's job and I thought we were pretty steady all night long. We just keep fighting and doing what we need to win, and that's the most important thing at this point in the season."

Duane started pulling starters at the four-minute mark when the Aztecs had a 57-29 lead, subbing in

reserves **Jesse McCain, Adam Gleave, Austin Millyard, Alex van Ryswyk** and **Matthew Lemke** to finish the game.

McCain came away with five points, including a trey, and a block to end the game while Gleave scored two points. Benson ended the game with a team high 15 points. Robinson scored 13, Andrus Peat 12 and Seifert eight, including two treys.

The Aztecs are the No. 1 seed in the state tournament, earning a bye in the first round, which may make their run to the championship game a bit easier.

"It's great that we have the No. 1 seed but we just need to continue preparing hard in practice and to stay focused if we are going to attain our ultimate goal of winning this state championship," said Andrus Peat.

The Aztecs play their first game in the second round at home at 7 p.m. Saturday, Feb. 18, against the winner of the No. 16 seeded Desert Mountain versus No. 17 Boulder Creek. Their next game would be the quarterfinals at 7:45 p.m. Feb. 21 at ASU's Wells Fargo Arena before the tournament switches out to the Jobing.com arena Feb. 23 and 25.

"It would be an awesome experience to play in the finals," said Benson. "In order to get there, though, we need to continue playing hard together, as a team, one game at a time, to attain our team goal of winning the state championship."

The semifinals and finals for Division I boys basketball start at 7:45 p.m. both nights. The brackets and results can be found on the team's website at <http://cdsboysbasketball.com>

"Winning this state championship means everything to me," said Moss. "It is all I want to finish my high school athletic career."

Corona Wrestling — Aztec wrestlers had a great season, beating every team they faced including the DI state champion, Ironwood Ridge, in a dual meet in Jan. 18 and winning the DI, Section II championship Feb. 4 at Skyline High School with a 230 to 213.5 point win over Chandler.

"We had a very strong lineup from the 106-pound weight class through the 285-weight class," said coach **Jim Martinez**. "Our team found ways to win against the best teams in the state."

The Aztecs had eight wrestlers in the Section II finals and won four individual titles, ending up qualifying nine wrestlers for the state tournament held the following week.

The four individual Section II titles went to **Zach Walton** (132 lbs); **Daniel Cartagena** (138 lbs); **Ethan Tursini** (145 lbs); and **Jason Landrum** (152 lbs). Aztec wrestlers taking second included **Matt Churchill** (113 lbs); **Glenn Farina** (126 lbs); **Jay Tucker** (182 lbs); and **Steven Rodriguez** (285 lbs). **Justin Butler** (160 lbs) finished fourth.

Unfortunately the Aztecs were not able to attain their goal of placing eight wrestlers in the top six to win the state championship but ended up one wrestler short, with seven, according to Martinez. Only one other team, Cibola, had seven placers at state.

Chandler, with six wrestlers finishing in the top six, took home the team championship at the state tournament Feb. 10-11 at Tim's Toyota Center in Prescott Valley."

"Although the Aztecs had eight wrestlers in

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Notebook

From Page 7

the finals and won four individual titles, the current AIA method of determining a team champion is based on individual placement at the state tournament" said coach Martinez.

"Chandler had two very strong individuals who pinned their way into the championship, which helped them earn an additional 12 points for the team. Our wins in the tournament were regular decisions which didn't give us the bonus points."

Walton and Rodriguez took home second place state medals while Tucker was third, Cartagena, fourth, Tursini, fifth, and Farina and Butler sixth.

Corona will return four state place winners next season but will graduate four seniors with impressive overall records as Aztec wrestlers: Steven Rodriguez (286 lbs.); Jay Tucker (182); Justin Butler (160); and Jason Landrum (152).

Rodriguez, team captain, accumulated a 42-7 record with limited time, as a Corona football player, to commit to preparing for the season.

"Steven, in spite of his time restriction, was committed to working hard, learning from his mistakes and focusing on what he needed to improve," said Martinez. "He was our leader when it came to being ready for any level of competition."

Tucker, with a 28-5 record, was hampered most of the season after suffering a concussion in December, and was released to compete only the night before the section tournament.

"Jay had a huge challenge not being able to wrestle at all for a big part of the season," said Martinez. "He was easily the second best wrestler in his weight class in the state but his seeding at state placed him on the same side of the bracket as the eventual champion. He lost that match 3-2."

Butler, who weighed 154 pounds, helped contribute to the team's success by competing in the 160 pound weight class because the 145 and 152 weight spots were already filled by strong wrestlers. Even then, he was still able to compile a 28-17 record.

"Justin was our most over-achieving wrestler this year with the fight and spirit of a champion," said Martinez. "He gave up 10 pounds of muscle or more each match yet managed to beat and pin some of the better wrestlers in his weight class because of his unique technique."

Landrum, besides earning a section championship this season, compiled a 38-9 record wrestling for Corona.

"Jason, who placed fifth in the state

tournament last year, was a runner-up at the Flowing Wells Invitational and was selected to the All-Tournament team at the Southwest Showdown," said Martinez. "Unfortunately he did not have the results he was expecting at the state tournament losing in the quarterfinals."

Marcos Wrestling — The Padres won their Division II Section III championship wrestling match over Prescott Feb. 4 and took five top-four seeds, including last year's champion, Jesse Morales, to the state tournament Feb. 10 in Prescott Valley.

Marcos placed 11 wrestlers in the top six at sectionals including three champions: **Jesse Morales** (132 lbs.); **Dylon Yole** (170); and **Adam Pavlenko** (195).

Coming in second place was **Zach Roybal** (113); **Rich Flores** (138); and **Richard Castro** (HWT). Placing third were **Dillon Pigsley** (182) and **Rashad Baker** (220); fourth **Tim Zamora** (106) and **Coleman Griffith** (120); and fifth **Ryan Sondrup** (126).

Marcos, the runner-up to Sunrise Mountain last season, had high hopes of winning the team championship this year, qualifying 11 wrestlers but coming in third instead behind Ironwood Ridge and Gila Ridge, scoring 139.5 total points and placing seven wrestlers in the top four with Morales winning a championship at the 132-pound bracket.

Senior Morales, with a 32-6 record, won his second individual state championship in the new 132-pound category. He won last year in the 130-pound weight class and was fifth as a freshman, according to coach **James Weed**.

Yole, who won a state championship medal in 2010 but was unable to compete last year due to an injury in sectionals, had 21 pins heading into the state tournament, according to Weed. He placed second in the 170-weight class, compiling a 34-4 record this season.

Also taking home a second place medal was Castro, with a 41-6 record this season. He should also be in the record books at Marcos this season for having 26 heavy-weight class pins heading into the state tournament, according to Weed.

Senior Pavlenko, with an impressive 40-2 record, placed third after entering the tournament with 22 pins so far this season, according to Weed. Add these 22 pins from this season to the 50 he accumulated as of 2011 and Pavlenko should be close to reaching the records



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Notebook

From Page 8

set by his two older brothers: Alex leading all time with 115 pins and Aaron fifth on the list with 74.

Three Marcos wrestlers placed fourth at state: Roybal, Flores and Pigsley. Roybal compiled a 26-8 record this season, Flores 14-4 and Pigsley 34-7.

Weed said he has high hopes for the Marcos wrestling program, with Pigsley being only a sophomore.

"I was thinking Dillon could make it in the top two if he had a good tournament," said Weed.

McClintock —

McClintock wrestler Andrew Finn placed fifth at the Division II state tournament in the 152-pound weight class, compiling a 42-6 record over the 2011-12 season.

Letter of intent

— Corona Senior soccer player Nicolette Newcomb, who was also recruited by schools in

Colorado and California, signed a letter of intent to play at Minot State University in North Dakota. Newcomb, who fell in love with the team, coach and atmosphere at Minot, expects to play center midfield and says she is excited to be playing on a college team next year.

"I am looking forward to fulfilling the dream I have had since I was young to be part of a college soccer team," said Newcomb. "I also wanted the opportunity to live somewhere else and experience college life at the same time so that's why I choose an out-of-state school."

Corona soccer coach **Matt Smith** thinks Nicolette will make a dynamic college soccer player.

"Nicolette is extremely technical and creative where her ability and patience with the ball at her feet sets her apart from many other players," said Smith.

"In addition, she has developed into a very good leader, a player that other players respect and want to support and follow."

Newcomb plans to study psychology at Minot.

Feb. 25 rummage sale aids Sister Cities program, spurs youth-leadership affiliate

By Mark Crudup

Tempe Sister Cities is not only about expanding students' perspectives of the world and exploring new cultures. It's also focused on community service, leadership skills and contributing to the community.

Beth Lang, co-coordinator of the Tempe Sister Cities Youth Group, said the organization consists of 14- to 18-year-olds who help with monthly service projects. There is no application process, and anyone in that age group who lives in Tempe can join.

"We are what you would call co-affiliated with Tempe Sister Cities," Lang said. "We see ourselves as a major group that supports efforts for them."

Many of the service projects involve events at Hackett House, the Tempe Sister Cities executive center, located on the southwest corner of 3rd Street and Mill Avenue.

"We tend to be called upon to serve for night functions and whatever other events are held there," Lang said.

In addition, many of the youth-group members are former delegates of Tempe Sister Cities, who were chosen to visit one of the eight other affiliate cities around the world.

"A lot of the students who come into this group are seniors (in high school), who were selected in their junior year as Tempe ambassadors," Lang said. "They kind of like to stay with that group, and then they come and join us."

The youth group is comprised of various committees to help coordinate service projects for the city.

"The idea is that we are developing leadership skills for the members; they have office positions and we train them in the different areas so they actually build their own agenda and make decisions together," Lang said.

The youth group also includes committees whose work focuses on such areas as budget and finance, community projects, social activities and membership and recruiting, she said.

Coming soon, the youth group will help with a rummage sale at Hackett House that will benefit both Tempe Sister Cities and its affiliate youth group members, Lang said.

Residents can donate items, with the exception of clothing, from 10 a.m. to 4 p.m. Monday through Saturday at Hackett House. The sale will be held from 8:30 a.m. to 4 p.m. Saturday, Feb. 25.

Information: 480-351-8181.

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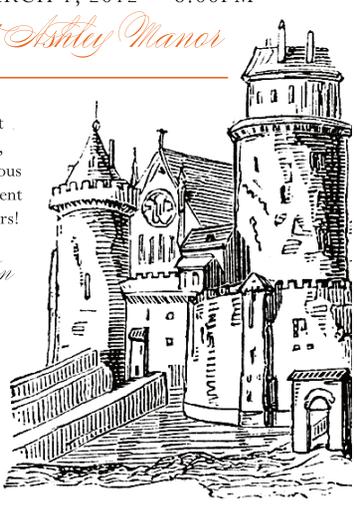
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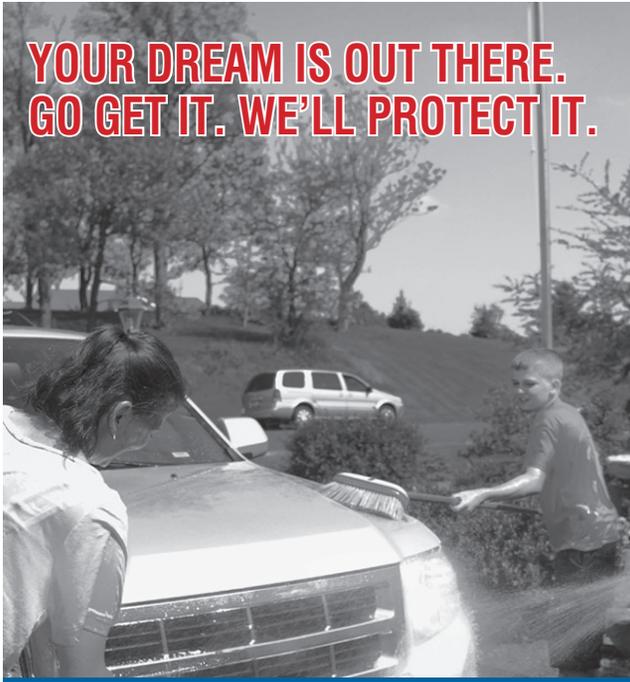
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Dr. Mankanwal Sachdev is board certified in Gastroenterology, Hepatology and Internal Medicine.

He completed his medical education at Dayanand Medical College and Hospital, Punjab University, in India. He went on to complete residencies in Internal Medicine at Maricopa Medical Center in Phoenix, and Mayo Clinic in Scottsdale, Arizona. He is fellowship-trained in basic gastrointestinal procedures, and has completed additional fellowships in Hepatology, Transplant Medicine and Advanced Therapeutic Procedures.

Dr. Sachdev's clinical expertise includes therapeutic endoscopy, advanced procedures, pancreatobiliary disorders, gastrointestinal cancer, esophageal disease, gastrointestinal bleeding, colon cancer screening, hepatic disorders and transplant.



Barrow

From Page 4

offer neurosurgery? everyone on my staff pulled together and got a plan in place that covered everything from education and equipment and patient areas. They just nailed the plan."

Kaibara, who said he has already treated many patients at Chandler Regional who presented with neurological issues, said he is "very excited" to be part of the team.

"It is an outstanding hospital, and we are all very pleased about the quality of health care and everyone on staff, from the nurses and physicians right up to the CEO. They are all great to work with."

Firefighters

From Page 5

kids ages 6 to 14 active when they're in that developmental stage."

More than 20 kids with parents came out during the Saturday event, running through miniature obstacle courses with smiles across their faces.

"We have a lot of hopping and jumping – everything is games and drills," Brayer said. "It's all really fun for the kids, and the activities are ones they can do at home."

"Even though we have some neat toys out here, like hurdles and pile boxes, we're telling all the parents and kids that they can throw down something like a towel and jump over that at home."

Marissa Mena, who brought her "little sister" with the Big Brothers Big Sisters organization to the camp, said she found out about the event from the organization.

"It's such a great day to be outside and to get a little exercise," said Mena, as her little

sister helped carry a fire hose park. "I think she's having a great time."

Tempe resident Kristin Salaba brought her little sister, Sage, to the hour-long event.

"I think it's great because it brings the community together, and all the kids get to play together instead of being inside doing video games," Salaba said.

Sage said her favorite part of the day was playing a "shark game," a form of a tag during which kids chased each other around in a grassy area.

According to the firefighters, the camp provides an opportunity to volunteer time that will help make a difference in the community.

The program is funded and staffed by off-duty Tempe firefighters.

Information: www.tempefirefighters.com.

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Briefs

South Tempe's Fiorenza, Nicpons recognized

Longtime south Tempe residents Beth Fiorenza and Stan and Jan Nicpon are being recognized by the Tempe Chamber of Commerce for outstanding service to the community.

Fiorenza is recipient of the Volunteer of the Year and Outstanding Community Leadership awards; the Nicpons are winners of a Spirit of Tempe award.

Children's Dental Village, Alphagraphics at Kyrene and Elliot, Friendship Village and the Assured Security Document Destruction unit of TCH are among other south Tempe recipients.

The chamber will present the awards at its 15th annual Breakfast for Chamber Champions ceremony Feb. 21 at Fiesta Resort Conference Center, 2100 S. Priest Drive.

Registration opens at 7 a.m.; the event begins at 7:30. Tickets are \$50 for Tempe Chamber members, \$60 for the public. VIP tables for 10 are available for \$500.

Information: 480-967-7891 or info@tempechamber.org.

Staying in the loop

Community members are invited to sign up for a new email distribution list featuring regular updates about Tempe's efforts to advocate for its best interests at the state and federal levels.

Chad Heinrich, Tempe's government relations coordinator, works with the Tempe City Council and other elected representatives, as well as such regional partners as the Maricopa Association of Governments, to help ensure that legislation being considered is not harmful to Tempe.

Heinrich advocates against laws that could negatively impact the city's budget or impede its local control.

His regular updates – no more than weekly in frequency – will provide an inside look at the specific bills that Tempe is following. To sign up, visit www.tempe.gov/lists and check the "Tempe Government Relations" box.

Other government relations resources also are available at www.tempe.gov/governmentrelations.

Whole Foods craft beer nights

If you love beer but usually choose by the bottle or tap only – it's time to think again. Whole Foods Market's west Chandler bar, the Watering Hole, is hosting a series of Craft Can Nights from 4 to 9 Thursdays.

What makes canned beer so special? Whole Foods' wizards of brew say it's because cans let in no light or UV rays, thus no "skunk" flavors or smell.

Cans that employ modern lining techniques can be

thought of as miniature kegs, say the experts. Also, cans are portable. Take them to the golf course, the pool or any other place glass is not allowed.

Whole Foods Market Chandler is at 2955 W. Ray Road. Price: \$2.50 for any craft can. Participating local companies include San Tan Brewing, Mudshark and Four Peaks.

University Presbyterian names new pastor

The Rev. Eric Ledermann has been named pastor and head of staff of University Presbyterian Church, which this year celebrates its 50th anniversary.

Ledermann, 40, previously was associate pastor of First Presbyterian Church in San Bernardino since November 2008. He succeeds the Rev. Al Gephart, who retired in 2009 after an 8-year term.

Childsplay event a salute to Presidents Day

The rockin' Sons of Washington; the groovy/psychedelic *I'm Not All Bad*; the twangy, horse-riding, country-western style of Ronald Reagan—all will come to life Saturday, Feb. 18, for the opening of Childsplay's *Rock the Presidents* musical revue.

It's the perfect accompaniment to Presidents Day, bringing the history of the nation's top executive office to life in a high-energy, multi-media extravaganza at Tempe Center for the Arts.

In the genre of the musical history lessons of *School House Rock*, the hits keep on coming when Childsplay brings 223 years and 44 presidents to life.

The show's book and lyrics were created by Dwayne Hartford, with music by Tempe composer Sarah Roberts. Anthony Runfola directs.

Performances continue through March 4—Saturdays at 1 and 4 p.m., Sundays at 4. Recommended for age seven and up. Tickets: \$12-\$25, on sale at www.childsplayaz.org

SMCC hardship scholarships available

A limited number of tuition scholarships are available to single parents who have returned to college after a break of at least one year due to family demands or other commitments.

South Mountain Community College is teaming with Dorrance Scholarship Programs to establish a scholarship program designed specifically for single parents.

Criteria include: Must be sole providers for their family; must be continuing their education after an interruption of one year or longer; must demonstrate financial need; must be currently enrolled at SMCC or a Maricopa Community College; must have a cumulative 2.75 GPA. Applicants must be pursuing an Associates Degree (AA) or approved program

In addition, applicants must demonstrate evidence of motivation and potential for higher education. Applications are now available at www.dorrancescholarship.org and

must be completed and submitted online by 5 p.m. May 1. Information: 602-305-5607.

Free tax aid from Community Council

Tempe Community Council's financial stability initiative offers a free tax preparation site and Earned Income Tax Credit refunds for families who qualify.

The service is available from 9 a.m. to noon Saturdays through April 14 (except March 10 and 17) and from 5 to 7 p.m. Wednesdays during February.

The program is hosted at Tempe Schools Credit Union, 2800 S. Mill Ave., with Spanish translators and accessibility for people with disabilities.

Information: www.tempe.gov/tcc/FinancialStability/



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Metro

From Page 4

systems, while Phoenix continues to rank in the lower tier.

"Here, it is a novelty to take the train, and it will take a long time to break the habit," says Melnick.

The light rail project faced its fair share of opposition in 2004, when Proposition 400 was being readied for a public vote.

While the main concern at that point was overreaching the state's budget, light rail's effect on local economy and neighborhood regeneration is something few had foreseen.

The measure ultimately passed and construction began, resulting in benefits beyond simply moving passengers more efficiently.

Prior to 2004 and starting in the mid-1990s, Apache Boulevard, a thoroughfare in north Tempe, had become a haven for prostitutes, dive bars and drug addicts.

After the opening of light rail stops along the way, the area was mostly able to shake off its rough reputation and, in recent years, has become a popular housing area for ASU students.

This effect was echoed throughout numerous Tempe neighborhoods, with economic development along the rail line providing a new lease on life.

Onnie Skekerjian, Tempe councilwoman and chair of the Council Committee on Technology, Economic and Community Development, says she never anticipated a \$4 billion economic boost for Tempe.

"I did not vote for Proposition 400," Shekerjian admits. "The light rail was a very expensive form of transportation, but the fact that it cleared up a blighted area and brought in immense economic development is something that made me very interested."

Shekerjian says the Tempe City Council hopes to replicate the economic growth of the light rail with a proposed METRO modern streetcar line. If built, the line will circle downtown Tempe and link it with popular venues like Gammage Auditorium and Tempe Marketplace.

Naomi Ngui, a third-year student at ASU, feels positive about the project.

"It would be great to connect all the social spots around Tempe. I use light rail five days a week already, and this would make me want to use it more," she says.

The city council is currently awaiting federal funding before advancing the project, but Shekerjian sees the benefits as vast.

"The light rail exceeded what it set out to do. There is a value of these systems beyond just transporting people," she says.

Daniel Rasmussen, a graduate of Corona del Sol High School, is a journalism major at Arizona State University.

Grease co-op helping restaurants 'go green'

Tempe is launching a new program for restaurants aimed at easing the headaches of managing grease while bringing the city a step closer toward turning waste grease into renewable energy.

Tempe Grease Cooperative, set to launch in April, is a green partnership between the city and restaurants to better manage fats, oils and grease by collaborating to get better service at a lower cost.

While initial marketing efforts will target the downtown area, restaurants citywide are eligible to participate.

Through the cooperative, the city will collectively purchase grease trap and interceptor services and manage the contracts, leaving one less hassle for busy restaurateurs and benefitting them by lowering costs, improving service, providing

quality assurance, eliminating regulatory inspections, preventing plumbing backups, and eliminating grease-related odors. The cooperative, which officials say will result in more sustainable plumbing and municipal sewer infrastructure, is the first step in the city's plans to transform collected waste grease into renewable energy.

"It's great to see the city of Tempe being forward thinking in the area of recycling and the handling of waste grease," said Julian Wright, owner of two downtown Tempe restaurants, La Bocca Pizzeria & Wine Bar and Canteen Modern Tequila Bar.

For more information or to enroll online, visit www.tempe.gov/grease, call the city's Environmental Services Section at 480-350-2678 or email grease@tempe.gov.

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-Onnie Shekerjian, Tempe City Council

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I am committed to creating opportunities for employers, students, families and neighbors. Whether you live in South Tempe, North Tempe, or anywhere in between, I value your input as we work together to create solutions for our unique community.

I hope you will support my campaign and Vote Dick Foreman.

My top priorities for Tempe:

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- Education
- Public Safety
- Neighborhoods and Parks



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Feb. 20 — Kyrene District Schools Closed for Presidents Day — Parents who are interested in enrolling their kids in the Kyrene Kids Club camps that day can call 480-783-4044.

Feb. 21, 6:30 to 8:45 p.m. — Water Wise Edible Gardening Class for Chandler Utility Customers — Chandler utility customers are invited to attend this free class to learn how to prepare beds, choose plants and for vegetables, herbs, fruits and citrus for a bountiful harvest. To register, visit www.chandleraz.gov/water.

— COMING UP, Pg. 18

Schools continue budget talks

By Mark Crudup

At a Kyrene School District governing board meeting Feb. 14, Business Services Director Jeremy Calles presented another two items being explored to balance a \$5.2 million budget deficit for the 2012-13 school year: Changes to department and school budgets and to the district office.

Changes to the district office would include recoding positions under the Capital Override passed last year and restructuring the district office, saving a projected \$350,000.

Calles brought forward a presentation reviewing why changes were made to middle school start times this year as a way to create more efficiency in school bus routes, which he said saved the district more than \$300,000 by having bus drivers spend most their day transporting students, instead of having time off throughout the day.

Additionally, at this time last year, the district had 40 transportation positions eliminated, Calles said. This year, only four positions were turned over, helping to save the district yet more money.

Transportation will continue to be under scrutiny at future board meetings, along with other budgetary line items.

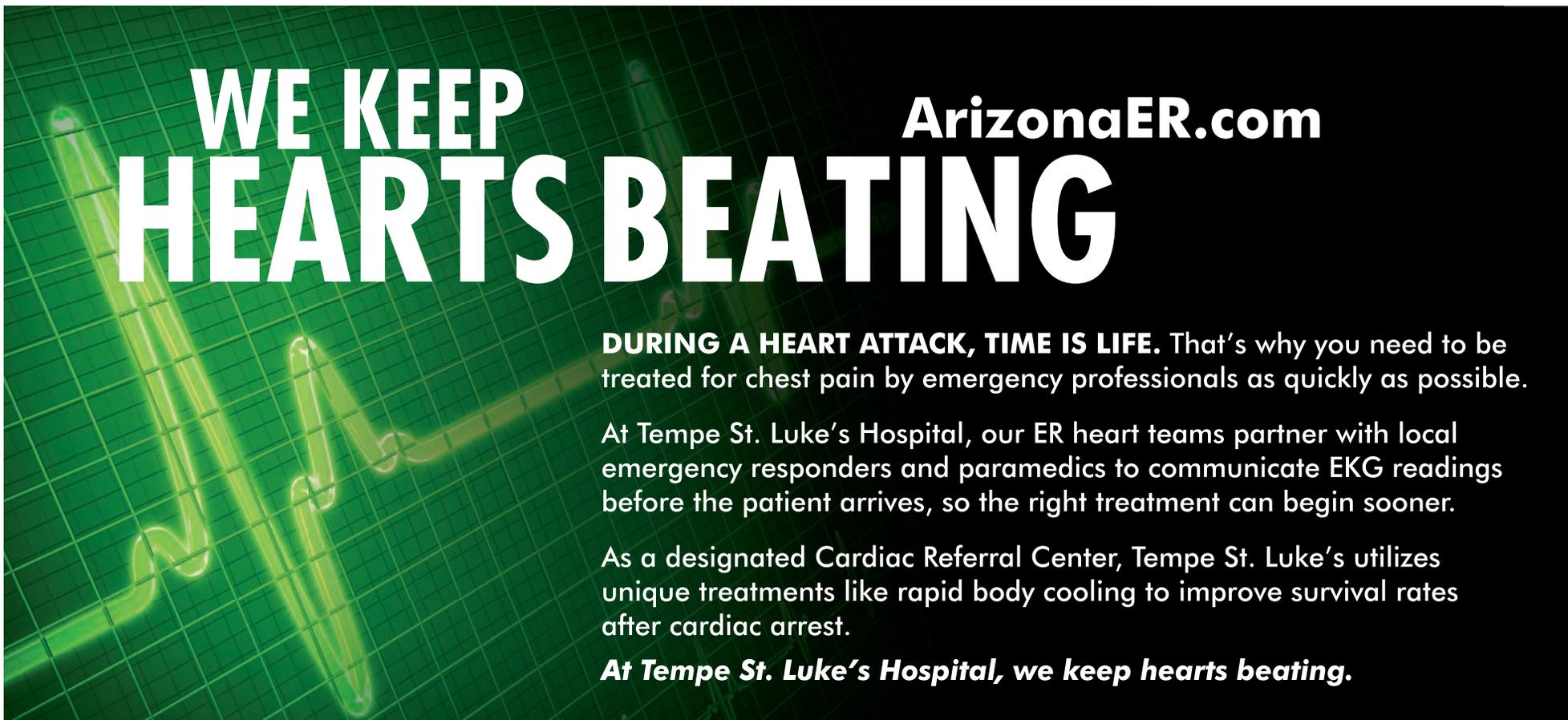
In a move to help the public better understand budget-saving strategies, the district held a citizens forum a week before the Feb. 14 board meeting to review the items presented to the board.

Ten items being explored to save the district money include:

Reduced insurance prepayments; capital outlay revenue-limit transfer; modifying plans to improve a 28-acre plot of school-owned property for possible sale; expansion of community education; overall staffing allocations; energy efficiencies; phased retirement; and changes to transportation, custodial services, district office, math and literacy coaches and middle school.

"These are items we're exploring now," Calles said.

"Not everything in here has to happen, and even the changes that do happen don't have to go to the high end (of projected costs)," meaning any new reductions could be fine tuned to target only certain parts of each affected line item.



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9th year for children's cancer fashion show fund-raiser

Tempe-based Children's Cancer Network will host its 9th annual Fashion Show and Luncheon fundraiser, "Twist and Shout," Sunday, March 4, at Arizona Biltmore Resort.

The event has been a passion for Tempe residents Steve and Patti Luttrell for more than 20 years, following their own experience with a son who was diagnosed with cancer at an early age.

While community and corporate support has grown for the network, the fashion show and luncheon has become a major source of funding, according to Diana Shaw, one of the program's organizers.

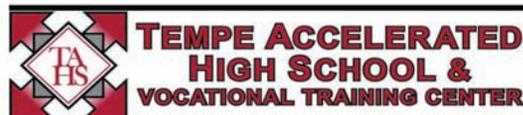
The event features a selection of silent auction items and an "early bird"

preview of live auction items. More than 700 guests are expected to join in a fashion show featuring child cancer survivors and their siblings modeling fashions from Dillard's.

Some of the young models are still fighting cancer and some have already won, said Shaw. Each of their stories positive spirits have inspired a celebration of survival at previous events.

Tickets for "Twist and Shout" are \$70, and reservations can be made by visiting www.childrenscancernetwork.org. Proceeds will benefit Children's Cancer Network's outreach programs.

Information about the event or sponsorship opportunities: 480-717-9139.



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Ask the Doctor

Heart and vascular disease: Are you at risk

According to the Centers for Disease Control and Prevention (CDC), cardiovascular disease, also called heart and vascular disease, is the leading cause of death in the United States.

In addition, The American Heart Association estimates that more than 81 million Americans have at least one type of cardiovascular disease.

That's nearly one out of every three people.

Fortunately, there are ways to assess your risk and protect yourself from many heart and vascular diseases.

Robert Candipan, M.D., Ph.D., a board-certified interventional cardiologist on the medical staff at St. Luke's Medical Center and Tempe St. Luke's Hospital, explains the causes of cardiovascular disease, screening options to assess your risk and lifestyle modifications to lower your risk.

Q: What is cardiovascular disease? — A:

Cardiovascular disease is a class of diseases affecting the heart and blood vessel system. Most of these diseases are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when plaque builds up on the walls of the arteries. The plaque buildup narrows the arteries, making it more difficult for blood to flow normally. This can cause blood clots to form, which, in turn, can block the flow of blood. Heart attacks or strokes can occur when plaque or clots restrict the blood supply.

Q: Who is at risk for developing cardiovascular disease? — A: Truly everyone is at risk for developing heart disease, but several factors can increase your risks. Risk factors include:

- Alcohol consumption.

- Age, 50 years and older
- Family history of cardiovascular disease.
- High cholesterol.
- Hypertension.
- Obesity.
- Physical inactivity.
- Tobacco use.
- Unhealthy diet.

Q: What can you do to lower your risk? — A: Simple lifestyle modifications, like exercising regularly or eating a healthier diet, can reduce most risk factors of heart disease. If you smoke, it's important to quit. Also, speak with a physician if you suffer from hypertension or high cholesterol to determine how to best control those conditions. Simple diet changes, like reducing saturated and trans fats, can significantly reduce dangerous plaque buildup in your arteries. Also, know your numbers. Get your blood pressure and cholesterol checked regularly to prevent situations before they occur.

Q: What screenings are available? — A: In addition to regular checkups with a physician, a TripleView screening package can assess your risk for several heart and vascular diseases. With TripleView, you receive three screenings in one package:

- Ankle brachial index to detect peripheral artery disease (PAD).
- Carotid ultrasound to find carotid artery disease.
- Abdominal ultrasound to detect abdominal aortic aneurysms.

These highly accurate tests are painless, noninvasive and take less than one hour to perform.

Smokers and individuals who have personal or family history of heart disease, diabetes, high cholesterol or hypertension are encouraged to get screened. However, TripleView screenings are available to everyone interested in determining what risk factors they may have for heart and vascular disease.

The TripleView screening package is specially priced at \$99 and does not require a doctor's order. To learn more or to schedule a TripleView screening, call 1-877-351-WELL (9355).

Robert Candipan, M.D., Ph.D., is a board-certified interventional cardiologist on the medical staff at St. Luke's Medical Center and Tempe St. Luke's Hospital and in practice with Phoenix Heart Center, a Physician Group of Arizona, Inc., practice. For more information about Tempe St. Luke's or Dr. Candipan, call 1-877-351-WELL (9355).

This information is provided by Tempe St. Luke's Hospital as general information only and is not intended to replace the advice of a physician.



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'Arietty' already Top 10-bound

Even if, like me, you're not an especially big fan of the Japanese anime style, don't miss *The Secret World of Arietty*.

We're only in February, but I would have to have an outstanding year at the movies indeed for this 2-D animated feature from Japan's Studio Ghibli not to be somewhere on my 2012 Top 10 list.

The film is a loose adaptation, and perhaps a deepening, of Mary Norton's 1952 British children's book *The*

Borrowers, by Hayao Miyazaki, the genius behind the 2001 masterpiece *Spirited Away* and other extraordinary Studio Ghibli works.

On *Arietty*, Miyazaki is credited as screenwriter and "planner"; the director, making his feature debut, is Hiromasa Yonebayashi.

The Borrowers of the original title are a race of insect-sized people who reside inside the walls or under the floorboards of human houses and survive by making

sorties into the house proper to "borrow" tiny, unnoticeable amounts of whatever they need—a sugar cube, maybe, or a pin—from their human hosts, to whom they refer as "beans."

Our adolescent heroine Arietty lives in bourgeois comfort with her taciturn father Pod and her hysteria-prone mother Homily beneath a closet in a lovely home in the Tokyo suburbs.

Arietty (voiced, in the U.S. version, by Disney Channel star Bridgit Mendler) has a taste for adventure that outstrips her caution with regard to a cardinal rule of the Borrower lifestyle: Never be seen by humans.

Shawn (David Henrie, another Disney Channel favorite), a sensitive human boy who's been sent to stay with relatives in the house while he waits to have heart surgery, becomes aware almost at once of

Arietty existence, and thus of her family's. The ensuing tale hinges on the guarded bond that develops between them.

The Secret World of Arietty doesn't have the epic, preternatural grandeur of *Spirited Away* or some of the other Ghibli stunners, but I think that for this very reason it may please Western audiences even more, in some ways, than those films. The scale of the story makes *Arietty* less ambitious and more delicate, but also more direct and focused, and perhaps more conventionally charming (and also, for younger kids, less scary).

Still, Miyazaki and Yonebayashi fill the movie with dazzling

touches—the enormity of the teardrops that form in Borrower eyes, or the tea drops that fill their miniscule cups, the insects that routinely cross Arietty's path or the pillbug that rolls up when she idly picks it up, the way the sound of a rustling shirt is used to give a sense of Shawn's colossal size—that leave us wide-eyed. *Arietty* is richly imagined, funny, high-spirited, exciting, suspenseful and touching, yet also blessedly quiet.

It's pure fantasy, yet intensely in tune with the natural world. It's deeply refreshing.

The Secret World of Arietty, Rated G, plays at Harkins Tempe Marketplace.

Area racers firing up for Firebird drags

A contingent of Kyrene Corridor drivers and support professionals are lining up for the NHRA Full Throttle Drag Racing Series Feb. 17-19 at Firebird International Raceway.

It will be the event's second stop of the season in the Valley.

Among hopefuls is south Tempe's Calvin Oshweg, a longtime racer who is now crew chief on the MTS 1957 Super Gas Roadster.

The car was headed into the second round of eliminations as of Feb. 13.

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Coming up

From Page 14

Feb. 21, 7 a.m. — Breakfast for Chamber Champions — The Tempe Chamber of Commerce will present the 15th annual Breakfast for Chamber Champions at the Fiesta Resort Conference Center, located on the southwest corner of Broadway Road and Priest Drive. The event honors those individuals and businesses that have gone above and beyond in their efforts to make Tempe a thriving community. Registration begins at 7 a.m. Tickets are \$50 for Tempe Chamber members and \$60 for residents. To register, call 480-967-7891.

Feb. 22, 6 to 8:30 p.m. — Leading and Communicating in Your Neighborhood — This free workshop offered by the Chandler's Traditional Academy will provide residents with a discussion of characteristics of an effective leader and the key ingredients of community leadership. The workshop will be held on the second floor of the Chandler City Hall, located off of Arizona Avenue south of Chandler Boulevard.

Feb. 23, 7 p.m. — Chandler City Council Meeting on Chateau de Vie Mansion — The city council's consideration of a use permit to allow a large mansion in west Chandler to become an event venue with a bed and breakfast and bistro will be one topic of the meeting, located in the Council

Chambers, located on the northeast corner of Chicago Street and Arizona Avenue.

Feb. 24, 5 to 7 p.m. — 6th Annual Kyrene de la Mariposa World Fair — This free event for Kyrene families will include crafts, fashion, food, dance and song to celebrate diversity and cultures from around the world. The event will take place at Mariposa Elementary School, located west of Rural Road on Knox Road, and will include a fashion show, flag parade and booths featuring various countries from around the world.

March 1, 6 to 10 p.m. — Taste of Kyrene — Support the Kyrene School District through this annual event, featuring chef stations, live entertainment, a silent auction and much more. Proceeds from the event will benefit all 25 Kyrene schools. The event will take place at the Castle at Ashley Manor, located south of Loop 202 on the west side of Price Road.

Information: <http://www.kyrenefoundation.org/gettinginvolved/tasteofkyrene.shtml>.

March 3, 9 a.m. — 14th Annual MotorSports Day at Arizona Community Church — Join this free event at Arizona Community Church, located on the northeast corner of Rural and Knox Roads, to check out 500 locally owned classic cars, hot-rods, dragsters and more. Activities for kids include grand prix wood car races, face painting and free goodie bags. A BBQ pulled-pork sandwich lunch will also be provided. Information: 602-320-4921.

March 7 through 10, 7 p.m. — Marcos de Niza High School performance of All Shook Up — Students and parents are invited to attend student performance featuring songs by Elvis Presley. Advanced tickets are available through the Marcos bookstore. Cost is \$10 for adults and \$5 for students.

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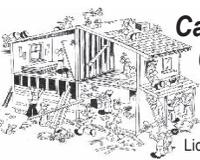
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Community Events

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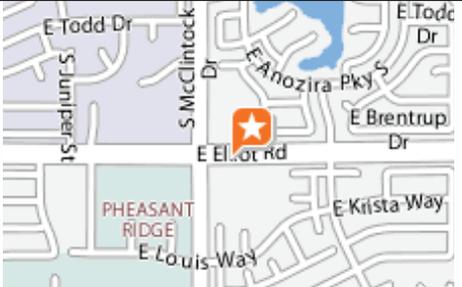
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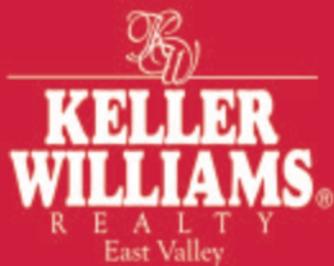
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