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**March 3-24, 2012**

**Vol. 23, No. 5**

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# Math, literacy cuts pondered

By Mark Crudup

Kyrene school board members continue to struggle with the district's dwindling finances, most recently considering options that could narrow one dimension of math and literacy education.

At a study session Feb. 28, the board received three potential options that would cut the number of math and literacy coaches, at the same time making the program more efficient for teachers and students.

Carrie Furedy, director of educational services, presented the models, which would reduce the math and literacy coaching staff to 12 from the existing 19.

Members on a committee that oversees that initiative also offered their opinions on the three models, which district officials say would potentially save approximately \$350,000 annually.

Though the committee members said they would not want to implement such a change, Lorah Neville, director of curriculum and learning services, and board members commended them on developing other strategies that could be used to provide coaches for teachers and students.

Each model would save the district approximately the same amount of money, each focusing on distributing math and literacy assistance throughout the schools to best meet the need.

One model would deploy teams of coaches, with each serving a school once a month. Two other models called for dividing the coaches by region or housing them at one location and assigning them to schools as needed.

Board member Ellen Shamah expressed concern over cutting back on services to students who need help the most.

"We owe it to the children who come least prepared," Shamah said.

Superintendent Dr. David Schauer said the models attempt to save the district money, while making the coaching program more efficient with the hope of improving student achievement for all students.

## Other proposals

Targeting the same budgetary concerns and in order to meet new expectations established by recent changes in legislation, board members passed a motion to adopt what is most commonly called the Marzano teacher evaluation model, after hearing a presentation from Mark Knight, the district's director of human resources.

Gina Taylor, director of instructional services, said state statutes require four levels of evaluation components for teachers, and Kyrene currently has three.

The Marzano model adds "highly effective" to the rating system for teachers.

Additionally, 33 percent of the evaluation must come from student achievement data.

"Those are the two big changes we're looking at," Taylor said.

## Annual charity event **Diablos' White Sox- Angels game March 6**

**T**empe Diablos, the community's fundraising superstars, will hold their annual charity game Tuesday, March 6, featuring three-time National League MVP and two-time World Series champion Albert Pujols Jr. and All-Star pitcher C.J. Wilson.

Both are now on the Los Angeles Angels of Anaheim roster.

In this year's game, the Angels play host to the Chicago White Sox at Tempe Diablo Stadium. The game starts at 1:05 p.m.

Tickets are available at [www.ticketmaster.com](http://www.ticketmaster.com) or at the Diablo Stadium box office.

Proceeds from ticket sales, parking, concessions and merchandise go directly to the Diablos' local charities, which include organizations that focus on academic excellence and the educational needs of area children.

Information: [www.tempe.gov/diablo](http://www.tempe.gov/diablo).

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Arizona Community Church counselor Bob Spear oversees a grief sharing meeting.

— Wrangler News photo by Mark Crudup

At Arizona Community Church

## Grief sharing workshops help the bereaved heal their pain

By Alison Stanton

When Sally Kick's husband passed away on Christmas Day in 2006, she was devastated. Her loss was compounded three months later, when her mom died.

Kick, a Tempe resident, felt a wide range of emotions during this time, one of which was an overwhelming sense of loneliness. When she heard about a GriefShare support group being offered at her congregation, Arizona Community Church, she decided to give it a try.

"It was very helpful, just having other people around with similar

happenings and feelings," she said.

"It was very comforting, and it felt like a little family support group."

Kick found the GriefShare group to be so meaningful, she says, that she now helps co-facilitate the meetings, which are held every Sunday from 2 to 4 p.m. in a spacious room at the church, 9325 S. Rural Road in south Tempe.

Bob Spear facilitates the group, which meets for 13 weeks at a time. New semesters start in January, June and September, he said, but anyone who has suffered the loss of a person who was close is welcome to start

# Kids find a unique way to aid cutting-edge recycling project

Story & photo  
by Mark Crudup

Kyrene de la Paloma Elementary School students donated a total of 3,138 pounds of recyclable textiles to Phoenix Fibers, a sister company of Chandler's United Fibers and Bonded Logic, to be converted into insulation during a first-time recycling drive for the school.

Deb Striker, physical education instructor at Paloma, helped organized the event with student council members after being contacted by Julie Graham of Chandler's Phoenix Fibers.

Early last month, students collected recyclable materials to be collected on Friday, when Graham and Laurie Meade, also with Phoenix Fibers, drove their truck to the school to load materials from each classroom, weighing bags of clothes and other items on an oversize scale as students cheered with excitement.

"We though this was a phenomenal way to have every family participate without any cost outlay," Graham said.

"It doesn't matter what kind of financial situation you're in – everyone has something that's too tight or too worn, it's old or something they just want to get rid of."

Paloma is the 27th school Phoenix Fibers has visited after the company started six months ago.

The recycling event also served as a fundraiser for Paloma, with Phoenix Fibers giving back 10 cents per pound of items collected. The class that collected the most pounds also received a pizza party courtesy of the company the following school day.

Phoenix Fibers collects textile recyclables, including clothes and other high-cotton content material, used to make insulation for houses, Meade said.

"Textiles can be anything material-based, so that's why were able to take the clothing, sheets, linens – anything with high-cotton content material, but we'll take whatever they need because it helps we their fundraising."

Student council members Kaitlyn and Brooke said the event helped raise awareness for recycling for the school.

"I think it's a good thing," Kaitlyn



Durable insulation is the product of collaboration between Paloma school and Phoenix Fibers.

said. "It's really weird how they can make the insulation; it's pretty cool."

Graham said the drive helps students realize how old materials can be used for different purposes.

"A lot of the kids...don't know that we can recycle textiles and have it actually make a product," she said.

Graham added that, on average, each individual in the U.S. throws away about 68 pounds of clothing a year in a landfill.

"It's helping them realize there is another outlet in a fun way to do it," she said. "And, if they're going to get rid of it anyway, why not give to their school."

As for Phoenix Fiber, program co-coordinator Laurie Meade said the full scope of the company's efforts sometimes defy easy explanation, even though they can be summed up very simply:

"We like to tell people we can insulate a small home with about 500 pairs of jeans."

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# All-City Sports Notebook

Championship Aztec basketball team celebrates its victory in the state finals, with a special nod to head coach Sam Duane Jr.

— Photo by Alex Zener

## Corona scores state title for Duane

Corona's varsity basketball team, which went into competition late last month with a 30-game winning streak on the line, has written a new chapter in the record books of Arizona state basketball.

It also added another triumph to a long family history of coaching at Corona, achieved by a father and son—Sam Duane and Sam Duane Jr.

The team took home Corona's fifth state championship this year after the finals at Jobing.com Arena, at the same time underscoring the fact that Sam Jr. brought with him a talent no less impressive than that of his legendary father, Sam Sr.

Corona's gym, in fact, is named after Duane Sr., who helped Corona win four state championships (1980, 1981, 1989 and 1994) and, with more than 650 wins, is regarded as one of the most distinguished coaches in Arizona's basketball history.

But this championship was not about comparisons for coach Duane Jr. It was about this year's team and the other eight Aztec basketball teams Duane Jr. has coached since taking the head job at Corona in 2003.

"I am very proud of our guys this year and what they accomplished," said Duane. "But like I told the team beforehand, this is for all the former Aztecs, too."

The same feeling resonated with this year's team, especially the seniors, who said they were motivated by seeing or hearing about the tears of seniors on previous teams who were knocked out in prior state tournaments without a championship trophy.

They were also reminded by Duane about what could have been with Corona's 2006 team that lost in the finals to Mountain View.

"This year's team learned a lot about all the little

things championship teams have to do to win big games," said Duane. "Losing in the quarterfinals in 2011 also provided this year's team with a focus and motivation that started last summer and lasted all the way through to the final game."

The Aztecs, 32-1, losing their only game early in the season, culminated an outstanding season, with 30 straight wins, defeating Laveen's Cesar Chavez, 66-53, on Feb. 25, in the Division I state championship game.

"It was a total 14-man effort. We needed every one of them this year in one way or another," said Duane. "It's not easy to win 30 straight games, especially with a target on your back, but they never once felt pressure."

Instrumental to the Aztecs' remarkable success all season was the guard play of senior **Calaen Robinson**, sophomore **Casey Benson** and junior

# Notebook

From Page 6

**Bryan Siefker**, along with the inside presence of two senior football recruits: power forward **Avery Moss** and center **Andrus Peat**. It was no different during the championship win.

ASU-bound Robinson brought solidarity to the team, with constant control and unbelievable agility, fearlessly attacking the rim against Chavez's large athletic front-court players. On top of his great finishes, Robinson consistently set up his teammates with choice opportunities to score inside with dazzling behind-the-back and no-look passes that perplexed defenders and delighted the crowd.

"Calaen—what can I say except he makes big plays and is fearless," said Duane. "He was extremely active and created so many opportunities for us offensively and defensively the entire game."

Benson, who led the team with clutch plays, not only distributed the ball to his teammates but made big shots every quarter. There was not a moment in the game where he wasn't hustling and taking advantage of every opportunity Chavez gave him to fill the basket. He punished the Champions by hitting 8 of 14 shots, including 3 treys, one on what has become his signature play—a three-pointer to end the half, boosting his team's confidence and momentum heading into the locker room.

Siefker, as usual, played solid defense, taking yet again another charge which caused not only a Champion turnover but lost points when the referee waved off the basket. He helped handle Chavez's press with his ball-handling skills and was big on defense, switching off when necessary to cover for one of his teammates.

Despite three guards with ball-handling and passing skills, amassing 12 assists with minimal turnovers against Chavez, the Aztecs would not have been as successful in this championship game or all season without their two backcourt studs, Moss and Peat, playing in probably their last competitive basketball game.

"Our goal from the beginning was to control the tempo. We didn't want the game to turn into a track meet where we would lose our advantage inside," said Duane. "We wanted to get our bigs involved, defend well and stop all penetration to the basket, which I think we did a great job."

Moss, not hindered by foul trouble, was absolutely unstoppable inside, grabbing 21 boards, several coming on the offensive end, which were usually converted into put-back baskets or to create another Aztec shot attempt. The second quarter, in particular, belonged to Moss, during which he scored eight points. He had to think things were going Corona's way when one of his shots hit the top of the backboard, fell down, and rolled around the basket before dropping in.

"Avery Moss is the best rebounder I have ever coached," said Duane. "He dominated the paint from start to finish."

Peat, with his 6-foot-8, 290-pound presence, intimidated the Champions with his size and agility, completely shutting down Chavez's leading scorer, Pablo Revis, and limiting him to only six points in the fourth quarter in a runaway game by the Aztecs. His agility and quick feet helped him grab 10 rebounds.

Moss and Peat, both soon-to-be college football players, played in this championship game like basketball was their main sport.

"Playing in this final basketball game was very emotional for me," said Moss. "I had it imprinted in my mind that we deserved to win, and I was going to do everything I could to make sure we did. This championship was something I wanted badly, and it felt so good to finally win it."

The Aztecs would also not be champions without their bench and scout team, which not only helped create the chemistry needed for a successful championship team but contributed to the team's overall success by working together to obtain a unified goal.

"I think the biggest thing about our team that helped us win the championship this year was that all the players bought into their individual roles and everyone was committed to the goal of winning a championship," said Duane.

Several players expressed the same feeling about the specialness of this team.

"I will always remember the cohesiveness and closeness we had as a team," said Benson. "It was awesome winning together. We had a blessed season and it couldn't have ended any better."

It was especially meaningful to some of the seniors who had played together since middle school.

"I am going to remember my whole team forever," said Moss. "We were like a family and we always had each other's back."

Junior **Braden Tennyson** played a big role in helping the Aztecs get to that championship game with his three-point shooting and strong defensive presence, as did senior **Elijah Hempstead** who had a couple of big rebounds and a basket in the championship game.

The audience couldn't help but smile when **Cassius Peat** entered the court, loosening up the team with his personality and energy off the court and his basketball skills on the court, while the student section chanted "freshman."

Other players contributing on and off the court over the course of the season included seniors **Matthew Lemke, Jesse McCain, Tyler Bolton** and **Austin Millyard** and juniors **Adam Gleave** and **Alex van Ryswyk**.

Coach Duane may say that it's all about the team, but the team definitely wanted to win Duane's first state championship for him.

"Coach Duane is an amazing encourager and such a great person on and off the court," said Benson. "It was a fantastic feeling to bring a championship trophy back to Corona. Coach Duane really deserved it."

"Coach Duane had been reminiscing about his '06 team for a while," said Moss. "He has done so much for us that it felt good to give him more than a runner-up trophy this time." said Moss.

*This was a special season, not only for the players and coaches but the fans. These Aztec basketball players gave something back. I know, as a former member of Corona basketball program under coach Duane, that this year's players shared that special quality that inspired not only Corona students but alumni and their friends and family to come watch their games, to support them and to enjoy the excitement of watching a truly talented and fun team. — Alex Zener*



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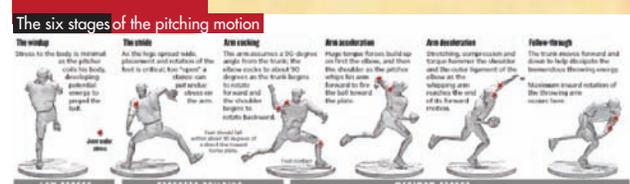
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## Children's Dental Village shares 2012 top business honors

South Tempe's Children's Dental Village received the 2012 Business Excellence Awards at the 15th annual Tempe's Breakfast for Chamber Champions event, sharing the honor with Tempe's Four Peaks Brewing Company.

Recipients were required to demonstrate a record of business success and growth, community involvement, dedication to employees, leadership, reliability and commitment to customer service.

"They really had you dig into your history and your records," said Joyce Anne Longfellow, co-owner of Children's Dental Village.

"The application process was very rigorous."

Children's Dental Village has been providing dental and orthodontic services for children and teens since 1973.

Starting out with only two dental chairs, one office manager and one dental assistant, the office has grown to more than quadruple its original size and now has 22 employees who also dedicate their time to volunteer projects throughout the year.

The practice is located on the west side of McClintock Drive just north of Elliot Road.



Children's dental practice has grown from a handful of employees to a staff of almost two dozen since its founding 40 years ago. The practice was honored by the Tempe Chamber of Commerce at the group's Breakfast for Champions event. Showing off the award were, from left, Mercedes Padilla, Joyce Ann Longfellow, Alan Longfellow

— Wrangler News photo

## Mailbox

### Legislator's visit hopefully will inspire others

EDITOR: On Friday, Jan. 27, Rep. Jeff Dial met me at Kyrene del Norte school for a morning of volunteer work in my daughter's kindergarten class. I had invited Rep. Dial to volunteer after meeting him on at the Meet your Legislators Night hosted by the Kyrene School Board.

What made Rep. Dial's visit unique is that he blocked out two full hours for volunteering. He sat in my daughter's kindergarten class at a math station for an hour, helping children with their writing, counting, and addition skills. His efforts were greatly appreciated by our teacher, and our students benefited from a second volunteer in the classroom that morning.

After our work in the classroom, we headed to the cafeteria where Rep. Dial shared lunch with our principal and some fifth graders. The students had a unique opportunity to talk with a state representative, to ask him questions about the state capitol and learn about the job of a state legislator. I think for all of us at the table it was remarkable to participate in a conversation between a fifth grader, a state representative, a parent and a principal.

It would be wonderful if every state legislator could commit two hours volunteering in a public school classroom at least once during the legislative session. I am also grateful to the Kyrene School Board for organizing the "meet your legislator" night at the district office. .

— Anne K. Ellsworth

### Foreman looks carefully at the issues

EDITOR: I have known Dick Foreman for 20 years and am continually impressed with his commitment to our community. He has long been involved in a variety of community endeavors, which allows him to bring a wealth of knowledge and experience to this political arena.

Dick is the type of person who carefully considers all sides of an issue before making up his mind and taking a stance, but once he's done that he is committed to and will work tirelessly towards seeing a positive outcome for our community.

And I can say that his heart is always in the right place — that of being for the good of the community and not himself. The citizens of Tempe will be doing themselves a great favor to elect Dick to the City Council.

— Jim Gaintner

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# Mansion plan rejected by City Council

Story & photo by Mark Crudup

Chandler City Council members have turned down a zoning and use permit requested by the newest owner of one of Chandler's most impressive private residences, a home once owned by prominent east Valley developer Conley Wolfswinkel.

Residents were strongly divided during the fully packed council meeting, held Feb. 23. Many voiced concerns over a proposal to allow the site to be used as a commercial events venue, ultimately to be known as Chateau de Vie.

Council members voted 6-to-1 to deny owners Nick and Shelly Goodman the requested 3-year use permit after about five hours of hearing opinions on both sides of the issue.

Proponents wore yellow shirts with the message "Save the Chateau," while opponents had blue shirts reading "Not in Our Back Yard."

Attorney Ralph Pew, who represented the Goodmans during the session, addressed what appeared to be one of residents' major concerns: that loud music would be played during events held within boundaries of the 13,000-square-foot site.

Such concerns were unwarranted, Pew said. "We are not operating outdoor concerts; we are not having amplified music outside. We're not having the marching band come in," he said.

"We intend for the only music from outside to be acoustical, and that is what we are going to do – we will have no percussion instruments outside..."



Opponents, proponents showed their colors at a Chandler City Council hearing on controversial use-permit request.

Opponents of granting the Goodmans the use permit said a six-plus-foot wall surrounding the mansion would not prevent neighboring residents from hearing music and noise from parties.

Those opponents were adamant. "We would not, and will not, support a commercial use (of the property)...it is inconsistent with our property rights, with our right of quiet enjoyment of our existing neighborhood," said nearby resident Cortland Silver, who has lived in

Chandler for 17 years.

William Swirtz, another opponent of Chateau de Vie, said the permit would make neighbors "the noise police," and voiced concerns over the volume of sound that would occur at times when alcohol might be served at events.

The proponents, however, insisted that they had their neighbors' tranquility in mind when they

— MANSION, Page 10

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#### The following will be discussed:

- : Types of back pain
- : Causes and effects of "benign, common" back pain
- : Diagnostic tools and conservative management
- : Role of surgery, surgical techniques and expectations

Dr. Marco Marsella specializes in Neurological Surgery.

He completed medical school in Florence, Italy. After completing his residency in Padova, Italy, Dr. Marsella went on to complete a fellowship in skull base surgery in Germany. He also completed a fellowship in cerebrovascular, spine and general neurosurgery at Mayfield Institute in Cincinnati, Ohio.

Dr. Marsella is an active member of the Congress of Neurological Surgeons. His interests include surgical management of brain tumors, cerebrovascular diseases, skull base and spine surgery, trauma, and radiosurgery.



ChandlerRegional.org  
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EOE

## Mansion

From Page 9

developed their plans early on.

Shelly Goodman said one of her first thoughts was for the neighbors, and she would make significant changes, such as adding barriers for valet parking, eliminating light and taking steps to avoid noise pollution.

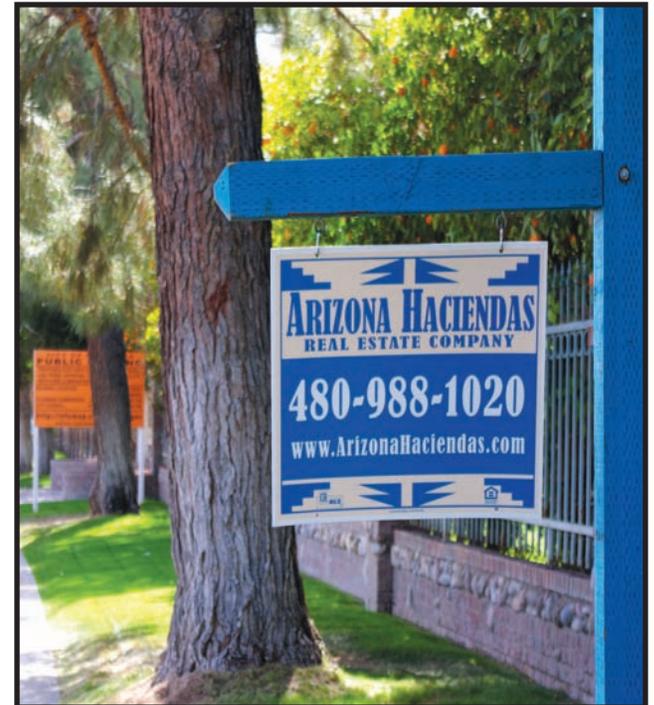
Some proponents said they felt that the venue could increase property values for neighbors and provide an outlet where visitors could enjoy a bed-and-breakfast type of location, in addition to a venue for weddings.

"Chandler needs a facility like this," said Bill Kalaf, another west Chandler resident.

"It needs character like this – I want to be able to take my grandkids (there) and I want to be able to show them the brochure and have weddings there. My daughter got married at a

place like this in Mesa, but there is no place around like this (in Chandler)."

With the use permit denied, the mansion's future remains uncertain, as does the Goodmans', who purchased the property for about \$3.6 million in 2010.



For sale signs went up within days of the 'no' vote.

— Wrangler News photo by Carmel Bonitatibus

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# Briefs

## 5-year-old loses battle vs cancer

Benjamin Purcell, the 5-year-old who gained wide community support during his 2½-year fight with pleuropulmonary blastoma, died Feb. 22 from effects of the illness.

Ben's medical condition was the focus of numerous fund raisers, wishes and hopes that he could win his battle with the comparatively uncommon form of cancer.

During his treatment regimen, Ben had one surgery to remove 70 percent of the tumor, another to remove his right lung and yet another to attack a brain tumor.

He also faced more chemotherapy, another surgery, a stem cell transplant and a round of radiation.

He is survived by his parents, Mark and Barbara Purcell and many relatives. Funeral services were held Feb. 29 in Mesa.

## Planning your estate

Common Mistakes in Estate Planning, Integrating IRAs into an Estate Plan and how to provide bullet-proof creditor protection for kids will be the topics at a series of seminars being offered by Dana Law Firm.

Meetings will be held at 10 a.m. March 7 and 2 p.m. March 20 at the firm's Mesa office and at 10 a.m. April 4 in its Sun Lakes-Chandler office.

Information and reservations are available by calling 480-515-3716.

## Robbery suspect loses at casino

A suspected armed robber was arrested Feb. 22 while playing blackjack at Lone Butte Casino.

Ira Junior Byers, a Phoenix resident, is suspected to robbing a Circle K store at 7351 W. Chandler Blvd., as well as two previous Circle K robberies.

He was booked into Maricopa County Jail on three counts of armed robbery.

## Church features noted vocalist

Singer-songwriter and three-time Outmusic award nominee Namoli Brennet will take the stage at Valley Unitarian Universalist Church at 7:30 p.m. Saturday, April 28, in west Chandler.

Brennet, a prolific folk-rock performer, has independently produced and released nine CDs since

2002 on her own label,

Individual tickets are \$12 in advance or \$15 at the door for adults; \$8 in advance or \$10 at the door for seniors and children ages 12 and under. Advance discount tickets are available on Sundays at the church before the concert or can be purchased online at [www.vuu.org/vuusica](http://www.vuu.org/vuusica).

The church is at 6400 W. Del Rio St., Chandler.

## Spelling Bee winners named

Kyrene schools held their annual district-wide spelling Jan. 25. The winner will represent Kyrene at the regional competition.

Students

*Akimel A- al*, Caleb Redshaw; *Altadeña*, Neha Parvathala; *Aprende*, Hannah Miao; *Centennial*, Michael Rodriguez; *Kyrene*, Bansri Doshi; *Pueblo*, Alison Waterman; *Brisas*, Ronen Huang; *Cerritos*, Alex Stokes; *Cielo*, Ryan Siddique; *Colina*, Jessica Romero; *Esperanza*, Orla Geraghty; *Estrella*, Neal Saxena; *Lagos*, Genevieve Munoz; *Lomas*, Leah Hesser; *Manitas*, Delaney Bendel; *Mariposa*, Richard Zhouren; *Milenio*, Aditi Chaudhari; *Mirada*, Sydney Jones; *Monte Vista*, Courtney Lasserre; *Niños*, Sam Wynne; *Norte*, Nicholas Hargis; *Paloma*, Jake LaChance; *Sierra*, Ameer Kumar; *Sureño*, Lampton Bickham; and *Waggoner*, Ronit Banerjee.

## March 24 donor drive at CdS

Corona del Sol's Red Kettle Club will host a spring donation drive to benefit the Salvation Army's Adult Rehabilitation Center.

The club is asking community members to begin spring-cleaning and save all household items and clothing to bring to Corona from 9 a.m. to noon Saturday, March 24. Members of the CdS Red Kettle Club will be there to help unload donations. All donations will be accepted, with the exception of televisions with tubes and paint cans.

The Adult Rehabilitation Centers form the largest network of rehabilitation programs in the nation, aiming to help men and women overcome serious life problems, such as drug and alcohol dependencies. The ARC program is offered within a residential rehabilitation facility.



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# Diversions

## Dr. Seuss spinoff 'The Lorax' doesn't conceal its bias

For those unfamiliar with *The Lorax*, the 1971 children's book on which the new film *Dr. Seuss' The Lorax* is based:

It's an environmentalist parable told by a mysterious character called The Once-ler. Once an industrialist, The Once-ler is now a recluse living in a wasteland of his own making. He and his family chopped down the entire forest of truffula trees, the tufts of which he used to make "thneeds," a multi-use consumer product vaguely like a Snuggie.

Throughout the story, the Once-ler repeatedly ignores the warnings of The Lorax, a gnomish forest being who looks like a mustachioed orange throw-pillow and irritably advocates on behalf of the trees and the ecosystems they support, which include such cuties as Brown Bar-ba-loots and Swomee Swans.

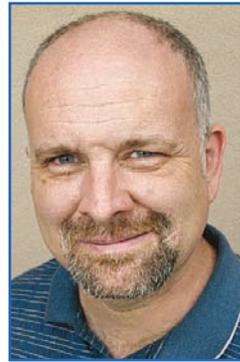
In the new, computer-animated film, he's voiced by Danny DeVito, while Ed Helms speaks for the Once-ler.

Dr. Seuss, aka Ted Geisel, might be my pick for the finest narrative poet of the 20th Century, at

least in English. His power comes not only from his exuberant, often nonsensical rhymes, but also from his rhythms—the lift and sweep and beauty of his cadences, and the thrilling declarative punch they give to his assertions:

"'Mister,' he said with a sawdusty sneeze/'I am The Lorax. I speak for the trees/I speak for the trees, for the trees have no tongues/And I'm asking you sir, at the top of my lungs...'"

Dr. Seuss was wise to make The Lorax a cantankerous, curmudgeonly sort; he knew that railing against consumerism is typically a loser's game, and that those who speak for the trees tend to grow strident and tiresome, even though they may remain lovable.



M.V. Moorhead

Conservative commentators have complained that *The Lorax* is environmentalist propaganda, which it certainly is, but it isn't simpleminded propaganda.

The book may have depth, but what a movie needs is breadth. Like Dr. Seuss' other books, *The Lorax*, very much by design, doesn't have it. So it fell to screenwriters Ken Daurio and Cinco Paul (*Despicable Me*) and directors Chris Renaud and Kyle Balda to stretch and embellish—to pad, in other words—the material to feature length.

Thus we get songs—pretty good ones—and an elaborate backstory set in Thneedville, an airtight plastic paradise in which all the trees and grass are artificial and in which fresh air is purchased from a

villain named O'Hare (Rob Riggle). A boy named Ted (Zach Efron) wants to find a real tree to give to a girl he likes, Audrey (Taylor Swift); on the advice of his spirited grandmother (Betty White), Ted becomes The Once-ler's auditor.

Whether what I've just described can truly be called *Dr. Seuss' The Lorax*, the movie is lively for kids and witty for adults. The trouble, of course, is that far more than the book, it's an unabashed product of the very cultural mindset that it criticizes.

Toward the end, Ted, Audrey and the grandmother race to plant the last truffula tree in the center of town, where everybody can see it, while the sinister O'Hare and his goons try to stop them. But in our world, there's no shortage of public acknowledgments of the need for saner environmental policy, and in the movie, as in our world, there's little sense of what the citizens of Thneedville (Thneedvillains?) would have to give up to make things better.

Obviously a fable for children can't, and shouldn't, attempt to account for all of these real-world complexities. But it shouldn't be disingenuous about them, either. The screening I saw of *Dr. Seuss' The Lorax* was held at a futuristic-looking multiplex at an enormous, brightly colored outdoor shopping center that doesn't look very different at all from Thneedville.

Before it was a mall, it was a landfill site that had spent 20 years on the EPA's Superfund list. Somewhere back there, before all us Once-lers arrived, it must have been pristine desert.

*Dr. Seuss' The Lorax* is rated PG and plays at Harkins Tempe Marketplace 16 and other theaters Valleywide.

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## First person

# Mom's creativity sprouts an abundance of good work for truly good causes

Sometimes, the most exotic plants can bloom right in your own backyard. Or, maybe, down the street in the community garden.

With people, too, it's hard to tell how far their roots are stretching.

Eduarda Schroeder was born in Mozambique, moved to Portugal, then on to New Jersey as a young woman. For the past 15 years, she's been in west Chandler, raising her family and popping up in the most surprising places.

"I started volunteering in my daughters' classrooms at Cielo, like most moms," says Schroeder. "Then treasurer for the PTO, then the PSC (Parent Superintendent Council), then on to the Parent Network, then the Arts Council for Youth.

"I like to know what's going on in our schools; there's always something new and interesting."

Many Kyrene Corridor residents likely have received Schroeder's Parent Network bulletins. Or visited the blog she created at [www.theparentnetwork.typepad.com](http://www.theparentnetwork.typepad.com) to keep parents informed.

And anyone who drives along Warner Road between Rural and McClintock cannot help but notice the Friends in Gasca Gardens community garden, frequently lush with greens and color.

A visit to the group's blog, [www.freshoffthevinefigg.blogspot.com](http://www.freshoffthevinefigg.blogspot.com), offers a window to Schroeder's photography.

While her talents and energy seem to get the most attention, local non-profits are noticing Schroeder for her generosity and creativity. She is developing an artisan fiber-arts business and steadily donates to local charities, primarily to support public education and community building.

"I am interested in challenging myself, always stretching my abilities," Schroeder says. "And it's fun to share the results."

Schroeder has shared her quilted creations with the Taste of Kyrene and a Rockabilly Chili event. Her

latest will be available through the silent auction at this year's Arts Jam, due to take place at Mountain Pointe High School Friday, March 2.

Proceeds support public school arts programs.

"I've lived all over the world, with different languages, different politics, different freedoms, different everything. But through it all, art and music and creativity connect people and make them smarter and happier.

"I can't imagine a life without arts in it."

For more information on her work, visit [thepinkneedle.blogspot.com](http://thepinkneedle.blogspot.com). Or grab some for yourself at the Arts Jam silent auction. Information at [www.artsjam.org](http://www.artsjam.org).

— Contributed by Jennifer Doering

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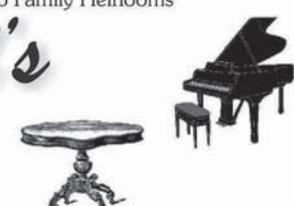

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## Grief

From Page 4

attending at any time during a session, and people may repeat the course as many times as they feel they need to.

Like Kick, Spear discovered the GriefShare group after suffering his own loss: he started attending in October 2008, administered then by a different counselor, shortly after the death of his father.

"By the time the semester was finished I was leading the group," he said.

Although the program is Biblically based and Christ-centered, Spear said people from all faiths and all churches are welcome to attend, as are people who have never been to church a day in their lives.

"We are here to support people who are in pain and are hurting," Spear said.

GriefShare is a national program, Spear added, which means relatives who are all grieving the same death can attend the group in different cities.

While many people who attend are mourning the loss of an older loved one who lived a full life before passing away, Spear said the participants and their stories of loss range in age from a teenage girl who lost her mom to parents who have had young children pass away.

"Some are to natural deaths, some are to suicide, some are due to accidents or other reasons."

Although the ages, genders, faiths and ways their loved ones died are all different, Carol Ketchum, a licensed professional counselor who helps facilitate the group, said those who attend also have many things in common, one of which is certain types of feelings.

"People can feel a real loss of control when they have lost someone," Ketchum, a south Tempe resident, said. "They often feel like they are losing their mind."

"By being here, people know that they are not crazy, and that others are in the same boat, even if it feels like it's rocking or sinking," Spear said.

Many of the participants end up spending time together outside the meetings, Ketchum said, meeting for lunch or coffee or helping each other get through holidays like Christmas or Valentine's Day.

Each meeting starts out with Spear reading a Bible verse and leading the group in prayer. Participants are welcome to talk and share their experiences and feelings before

watching a 35-minute video, after which everyone discusses the film and the feelings it elicits.

Participants also do what Spear calls homework assignments in a workbook titled "Your Journey from Mourning to Joy." The books cost \$15, but Spear said no one is ever turned

*'Everyone is unique, and everyone deals with their grief in their own way; there is not a cookie-cutter way of grieving.'*

— Bob Spear

away due to an inability to pay.

Likewise, no one is ever forced to share his or her feelings, Spear said, and many arrive to their first meeting unable to speak at all. Some even leave partway through, overwhelmed by their feelings of grief.

"Everyone is unique, and everyone deals with their grief in their own way; there is not a cookie-cutter way of grieving," Spear said.

Over the course of the 13 weeks, Spear said most people do end up sharing their stories, their feelings and their fears. Often, he said, a funny story about a lost loved one causes the entire group to erupt in laughter.

"Laughing is a great way to deal with grief, and it helps get the emotions out," Spear said.

Robert Donati, an Ahwatukee resident whose daughter passed away suddenly at the age of 29, said being part of the GriefShare group helped him to process his loss and be among other people who understood his situation. Donati attended the group with his wife Cindy.

"I even found people who were more sad than me," he said. "I thought my loss was big, and it was, but then 10 others would tell their stories and it would just break my heart. This group helped me to understand other peoples' grief."

Spear said he is honored to run the GriefShare group, and knowing that the weekly meetings are helping people get through one of the most challenging times of their lives.

"I love it, and I love people and I love leading the group," he said.

"I like to watch people as they go from a place of pain and hurt to where they can remember the good times they spend with their loved ones, and not just the day that they died."

For more information, visit [www.griefshare.org](http://www.griefshare.org)

## Kyrene Summer Programs

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**Aprende Middle School**  
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Incoming K-8th graders

Summer Academy offers fun classes such as Lego Robotics, Guitar, Creative Writing and Dinosaur Hunters to help children avoid “brain drain”.

*Class listings and sample descriptions inside.*

### Middle School After Hours Camp

**May 30 - July 27**  
**Aprende Middle School**  
**Akimel A-al Middle School**  
6:30 a.m. to 6:30 p.m.  
Incoming 5th to 8th graders

A premier program for middle school students in an exciting, safe environment. Activities may include: cooking, recreation, ping pong, sports, fine arts and service learning projects. Participants will also take field trips to Air Worx, Gameworks, ASU and a D-backs game.

### Kids Club Summer Camps

**May 30 - July 27**  
**Mirada and Lomas Elementary**  
6:30 a.m. to 6:30 p.m.  
Incoming 1st to 5th graders

Campers enjoy games, clubs, art and science events plus trips to the Natural History Museum, Bounce U and Laser Tag. Register for partial days, partial weeks, by the week or wrap around the Summer Academy hours at Brisas and Lagos.

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2-3 Young Scientists Barcode: 18454 \$95	2-3 Young Scientists Barcode: 18455 \$95	2-3 Space Exploration Barcode: 18457 \$95	1 Going Green Barcode: 18459 \$85
2-3 Journey Thru Sci Barcode: 18460 \$95	2-3 Journey Thru Sci Barcode: 18461 \$95	2-3 Jr. Engineers Barcode: 18462 \$95	2-3 Jr. Engineers Barcode: 18463 \$95
4-5 Geology Rocks! Barcode: 18686 \$95	4-5 Sci. Explorations Barcode: 18465 \$95	4-5 Ooey Gooy Science Barcode: 18466 \$95	4-5 Ooey Gooy Science Barcode: 18467 \$95
5-7 STEM University	Barcode: 18468	\$200	6-8 Junk Box Wars Barcode: 18469 \$170
<b>Language</b>			
1 Creative Writing Barcode: 18470 \$85	1 Creative Writing Barcode: 18471 \$85	2-3 Creative Writing Barcode: 18472 \$85	4-5 Creative Writing Barcode: 18473 \$85
2-3 Comp. Keyboarding Barcode: 18478 \$85	4-5 Comp. Keyboarding Barcode: 18479 \$85	1 Comp. Keyboarding Barcode: 18480 \$85	4-5 Comp. Keyboarding Barcode: 18481 \$85
1-2 Phonics Fun Barcode: 18482 \$100	1-2 Reading for Meaning Barcode: 18484 \$100	3-5 Phonics Fun Barcode: 18483 \$100	3-5 Reading for Meaning Barcode: 18485 \$100
3-5 Dangerous Books for Boys Barcode: 18959 \$85	3-5 Reading Comprehension Barcode: 18960 \$85	1 Fun with Books Barcode: 18961 \$85	2-3 Reader's Theatre Barcode: 18962 \$85
5-8 Fractured Fairytales Barcode: 18486 \$85	5-8 Horror Stories Barcode: 18487 \$85	6-8 Guys Read Barcode: 18488 \$85	6-8 Literary Analysis Barcode: 18489 \$85
<b>Enrichment and Athletics</b>			
1-2 Speed Stacking Barcode: 18492 \$85	3-5 Speed Stacking Barcode: 18493 \$85	2-3 Classic Floor Games Barcode: 18496 \$85	2-5 Board Game Blitz Barcode: 18497 \$85
3-5 Lacrosse Barcode: 18498 \$85	3-5 Flag Football Barcode: 18499 \$85	3-5 Sportsmania Barcode: 18500 \$85	1-2 Cooperative Games Barcode: 18501 \$85
2-5 Digital Photo	Barcode: 18502	\$170	2-5 Digital Storytelling Barcode: 18503 \$170
4-5 Disc. Ceramics Barcode: 18504 \$95	4-5 Disc. Ceramics Barcode: 18505 \$95	2-3 Clay Creations Barcode: 18506 \$95	2-3 Clay Creations Barcode: 18507 \$95
4-5 Drawing/Painting Barcode: 18508 \$95	2-3 Drawing/Painting Barcode: 18509 \$95	2-3 ARTventure Barcode: 18510 \$85	4-5 Paper Projects Barcode: 18511 \$95
1-2 Music of the World Barcode: 18512 \$85	4-5 Beginning Guitar Barcode: 18513 \$85	4-5 Drumming Club Barcode: 18514 \$85	2-5 Summer Choir Barcode: 18515 \$85
3-5 Junk Box Wars Barcode: 18516 \$90	3-5 Junk Box Wars Barcode: 18517 \$90	4-5 Broadcasting Barcode: 18518 \$95	4-5 Broadcasting Barcode: 18519 \$95
4-5 Brunch Bunch Barcode: 18520 \$100	1 Snack Attack Barcode: 18521 \$100	2-3 Jr. Chefs Barcode: 18522 \$100	2-3 Jr. Chefs Barcode: 18523 \$100
3-5 Kyrene Extreme Adventure Club Barcode: 18524 \$170		2-3 Critter Care Club Barcode: 18525 \$95	4-5 Mystery! Barcode: 18526 \$95
3-5 Beginning Lego Robotics	Barcode: 18527	\$180	3-5 Beginning Lego Robotics Girls Barcode: 18976 \$180
6-8 Advanced Lego Robotics	Barcode: 18977	\$180	4-8 Advanced Lego Robotics Barcode: 18528 \$180
6-8 Archery Barcode: 18529 \$95	6-8 Archery Barcode: 18530 \$95	6-8 Movie Making	Barcode: 18531 \$170
5-8 Flag Football Barcode: 18532 \$85	5-8 Lacrosse/Soccer Barcode: 18533 \$85	5-8 Basketball, Volleyball and Other Indoor Sports Barcode: 18534 \$170	
6-8 Fine Art - Fibers Barcode: 18535 \$95	6-8 Fine Art - Ceramics Barcode: 18536 \$95	6-8 Fine Art - Glass Works Barcode: 18537 \$100	6-8 Fine Art - Printmaking Barcode: 18538 \$95
6-8 Dodgeball Barcode: 18539 \$90	6-8 Dodgeball Barcode: 18540 \$90	6-8 Dodgeball Barcode: 18541 \$90	6-8 Dodgeball Barcode: 18542 \$90
6-8 Digital Photography	Barcode: 18543	\$170	6-8 Keyboarding Barcode: 18544 \$85
6-8 Fashion Barcode: 18546 \$95	5-8 Glee Club Barcode: 18547 \$85	5-8 Dance Barcode: 18548 \$85	6-8 Jewelry Making Barcode: 18549 \$95
6-8 Food Around the World Barcode: 18550 \$100	6-8 Breakfast Club Barcode: 18551 \$100	6-8 Snack Attack Barcode: 18552 \$100	6-8 Teen Top Chef Barcode: 18553 \$100

**Lagos 2012 (Entering K-5) Session I: June 4 - June 28, 2012**

8:00 - 9:00 a.m.	9:00 - 10:00 a.m.	10:00 - 11:00 a.m.	11:00 a.m. - 12:00 p.m.
<b>Get Ready Programs for Incoming Kindergartners and First Graders</b>			
4 hour Getting Ready for First Grade	Barcode: 18554	\$340	
4 hour Getting Ready for Kindergarten	Barcode: 18555	\$340	
<b>Math</b>			
1 Wake up Math Barcode: 18556 \$85	1 Primary Math and Science Institute Barcode: 18557 \$270		
2-3 Math/Science Institute	Barcode: 18558	\$270	2 Extreme Math Barcode: 18559 \$85
2 Math Skill Sharpener Barcode: 18561 \$85	3 Math Skill Sharpener Barcode: 18562 \$85	4 Math Skill Sharpener Barcode: 18563 \$85	3 Extreme Math Barcode: 18560 \$85
5 Math Refresher	Barcode: 18564	\$170	5 Sixth Grade Math Concepts Barcode: 18565 \$170
<b>Science</b>			
1 Jr. Scientist Barcode: 18566 \$95	1 Jr. Scientist Barcode: 18567 \$95	1 Growing Up Wild Barcode: 18568 \$95	1 Dinosaur Hunters Barcode: 18569 \$95
2-3 Young Scientists Barcode: 18570 \$95	2-3 Young Scientists Barcode: 18571 \$95	2-3 Space Exploration Barcode: 18572 \$95	1 Going Green Barcode: 18573 \$85
2-3 Journey Thru Sci. Barcode: 18574 \$95	2-3 Journey Thru Sci. Barcode: 18575 \$95	2-3 Jr. Engineers Barcode: 18576 \$95	2-3 Jr. Engineers Barcode: 18577 \$95
4-5 Geology Rocks! Barcode: 18578 \$95	4-5 Sci. Explorations Barcode: 18579 \$95	4-5 Ooey Gooy Science Barcode: 18580 \$95	4-5 Ooey Gooy Science Barcode: 18581 \$95
<b>Language</b>			
1 Creative Writing Barcode: 18582 \$85	1 Creative Writing Barcode: 18583 \$85	2-3 Creative Writing Barcode: 18584 \$85	4-5 Creative Writing Barcode: 18585 \$85
2-3 Comp. Keyboarding Barcode: 18586 \$85	4-5 Comp. Keyboarding Barcode: 18587 \$85	1 Comp. Keyboarding Barcode: 18588 \$85	4-5 Comp. Keyboarding Barcode: 18589 \$85
3-5 Dangerous Books for Boys Barcode: 18590 \$85	3-5 Reading Comprehension Barcode: 18591 \$85	1 Fun with Books Barcode: 18592 \$85	2-3 Reader's Theatre Barcode: 18593 \$85
1-2 Phonics Fun Barcode: 18594 \$100	1-2 Reading for Meaning Barcode: 18598 \$100	3-5 Phonics Fun Barcode: 18595 \$100	3-5 Reading for Meaning Barcode: 18599 \$100
<b>Enrichment and Athletics</b>			
1-2 Speedstacking Barcode: 18600 \$85	3-5 Speed Stacking Barcode: 18601 \$85	1-3 Classic Floor Games Barcode: 18602 \$85	2-5 Board Game Blitz Barcode: 18603 \$85
3-5 Lacrosse Barcode: 18604 \$85	3-5 Flag Football Barcode: 18605 \$85	3-5 Sportsmania Barcode: 18606 \$85	1-2 Cooperative Games Barcode: 18607 \$85
2-5 Digital Photo	Barcode: 18608	\$175	2-5 Digital Storytelling Barcode: 18609 \$175
4-5 Disc. Ceramics Barcode: 18610 \$95	4-5 Disc. Ceramics Barcode: 18611 \$95	2-3 Clay Creations Barcode: 18612 \$95	2-3 Clay Creations Barcode: 18613 \$95
4-5 Drawing/Painting Barcode: 18614 \$95	2-3 Drawing/Painting Barcode: 18615 \$95	2-3 ARTventure Barcode: 18616 \$85	4-5 Paper Projects Barcode: 18617 \$95
1-2 Music of the World Barcode: 18618 \$85	4-5 Beginning Guitar Barcode: 18619 \$85	4-5 Drumming Club Barcode: 18620 \$85	2-5 Summer Choir Barcode: 18621 \$85
3-5 Junk Box Wars Barcode: 18622 \$90	3-5 Junk Box Wars Barcode: 18623 \$90	4-5 Broadcasting Barcode: 18624 \$95	4-5 Broadcasting Barcode: 18625 \$95
4-5 Brunch Bunch Barcode: 18626 \$100	2-3 Jr. Chefs Barcode: 18628 \$100	1 Snack Attack Barcode: 18627 \$100	2-3 Jr. Chefs Barcode: 18629 \$100
3-5 Budding Entrepreneurs: Jewelry Online Shop Barcode: 18630 \$170		2-3 Critter Care Club Barcode: 18631 \$95	4-5 Mystery! Barcode: 18632 \$95
3-5 Beginning Lego Robotics	Barcode: 18633	\$180	3-5 Beginning Lego Robotics Girls Barcode: 18635 \$180
3-5 Advanced Lego Robotics	Barcode: 18978	\$180	3-5 Advanced Lego Robotics Barcode: 18979 \$180

**Get Ready for Kindergarten**

Ease your child's transition to Kindergarten. Parents who have enrolled their children say it's invaluable. Students will develop readiness in literacy, social skills and math. Over the years, sessions have been added to accommodate the increased demand.

*Register early to secure your child's spot.*



Lagos 2012 (Entering K-5) **Session II: July 2 - July 19, 2012** (Closed on July 4)

8:00 - 9:00 a.m.		9:00 - 10:00 a.m.		10:00 - 11:00 a.m.		11:00 a.m. - 12:00 p.m.	
<b>Get Ready Programs for Incoming Kindergartners and First Graders</b>							
4 hour Getting Ready for First Grade		Barcode: 18636		\$260			
4 hour Getting Ready for Kindergarten		Barcode: 18637		\$260			
<b>Math</b>							
2 Extreme Math Barcode: 18638	\$65	1 Wake up Math Barcode: 18640	\$65	3 Extreme Math Barcode: 18639	\$65	4-5 Sports Math Barcode: 18641	\$70
<b>Science</b>							
1 Jr. Scientist Barcode: 18642	\$75	1 Jr. Scientist Barcode: 18643	\$75	1 Growing Up Wild Barcode: 18644	\$75	1 Dinosaur Hunters Barcode: 18645	\$75
4-5 Geology Rocks Barcode: 18646	\$75	3-5 Junk Box Wars Barcode: 18647	\$75	4-5 Ooey Gooney Science Barcode: 18648	\$75	4-5 Ooey Gooney Science Barcode: 18649	\$75
2-3 Journey Thru Science Barcode: 18650	\$75	2-3 Journey Thru Science Barcode: 18651	\$75	2-3 Jr. Engineers Barcode: 18652	\$75	2-3 Jr. Engineers Barcode: 18653	\$75
<b>Language</b>							
1 Creative Writing Barcode: 18654	\$65	1 Creative Writing Barcode: 18655	\$65	2-3 Creative Writing Barcode: 18656	\$65	4-5 Creative Writing Barcode: 18657	\$65
3-5 Dangerous Books for Boys Barcode: 18658	\$65	3-5 Reading Comprehension Barcode: 18659	\$65	1 Fun with Books Barcode: 18660	\$65	2-3 Reader's Theatre Barcode: 18661	\$65
<b>Enrichment and Athletics</b>							
3-5 Sportsmania Barcode: 18662	\$65	1-3 Speed Stacking Barcode: 18663	\$65	1-3 Classic Floor Games Barcode: 18664	\$65	1-2 Cooperative Games Barcode: 18665	\$65
4-5 Comp. Keyboarding Barcode: 18666	\$65	2-3 Comp. Keyboarding Barcode: 18667	\$65	4-5 Comp. Keyboarding Barcode: 18668	\$65	1 Learning Lab Barcode: 18669	\$65
2-3 Digital Photo	Barcode: 18670	\$135	2-5 Digital Storytelling	Barcode: 18671	\$135		
2-3 Clay Creations Barcode: 18672	\$75	4-5 Disc. Ceramics Barcode: 18673	\$75	1-2 Arty Party Barcode: 18674	\$75	2-3 Drawing/Painting Barcode: 18675	\$75
1-2 Music of the World Barcode: 18676	\$65	4-5 Beginning Guitar Barcode: 18677	\$65	4-5 Drumming Club Barcode: 18678	\$65	2-5 Summer Choir Barcode: 18679	\$65
4-5 Brunch Bunch Barcode: 18680	\$80	2-3 Jr. Chefs Barcode: 18681	\$80	2-3 Jr. Chefs Barcode: 18682	\$80	1 Snack Attack Barcode: 18683	\$80
3-5 Lego Robotics	Barcode: 18684	\$140	3-5 Lego Robotics	Barcode: 18685	\$140		
3-5 Advanced Lego Robotics	Barcode: 18980	\$140	3-5 Advanced Lego Robotics	Barcode: 18981	\$140		

## Summer Academy Tutoring Services

July 11–15, 12:15 – 5:15 pm (M-Th)

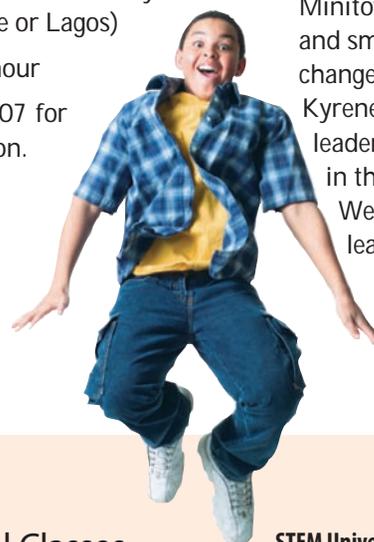
One-on-one or small group attention may help your child get over an academic stumbling block or excel in a certain area. From understanding difficult concepts to building confidence and study skills, our certified teachers can tutor your K-8th grade child during those crucial summer months in Math, Reading, Writing and more.

**Time:** any hour between 12:15 – 5:15 pm (M-Th).

**Location:** Summer Academy Sites (Brisas, Aprende or Lagos)

**Cost:** \$35 per hour

Call 480-541-1507 for more information.



## Kyrene Adventure

July 9 - 16, 8 a.m. – noon, (M-Th)  
Friday: Full Day, 7 a.m. – 5 p.m.

Camp uses Project Adventure Curriculum to engage incoming 6-8th grade students in hands on, team building activities. Friday, group travels to Ropes Course in Northern Arizona.

## Kyrene Town

July 16 – 19, 8 a.m. – 3 p.m. (M-Th)

This camp is a leadership and diversity education experience for current 6-8th graders. Modeled after Kyrene Minitown it uses large group activities and small group discussions to create change agents for school climate.

Kyrene Town is focused on individual leadership and related to leadership in the schools and local community. Week culminates with community leader panel and discussion groups.

## Sample descriptions of new Summer Academy classes

### Elementary Classes

#### Dangerous Books for Boys 3-5

A collection of fun, scary and dangerous 'guy reads' that will keep boys flipping through the pages. This combination of reading and real life activities will help students engage in a wide variety of new books this summer.

#### Math Refresher 5

This course is a helpful tool for students entering the 5th grade, or to review 5th grade math concepts. The class will focus on number sense including the use of whole numbers, fractions, decimals, percents with addition, subtraction, multiplication, and division.

#### Math and Science Institute 2-3

A hands-on learning opportunity in which children will be engaged in science learning centered around their physical world. Students will form small laboratory teams to examine, experiment, and hypothesize as they make their own cola, toothpaste and silly putty. Learners will think critically, gather and apply evidence to expand their knowledge.

#### Arty Party 1-2

Fun age-appropriate art projects using a wide variety of materials. Everyday will feel like an Arty Party!

#### ARTventure 2-3

If you love to create and learn about art, this class is the right one for you. At the end of Summer Academy you will hang your artwork in an art show so that all the other students and visitors can see what a true artist you are.

#### Budding Entrepreneurs - Jewelry Online Shop 3-5

This class operates their own online shop to benefit the Kyrene Foundation! Children design their own line of jewelry, including, earrings, bracelets, necklaces, rings and hair jewelry. Kids learn

wholesale, retail, merchandising, marketing and knowledge to open their own online handmade goods shop.

#### Board Game Blitz 2-5

A class filled with just plain fun games. Strategic games, card games, numbers, dice and everything in between. Tournaments will be held to determine weekly Academy champions!

#### Classic Floor Games 1-3

Kids will learn blasts from the past like marbles, dice, card, string and folding games. Everyone will be encouraged to bring these classics home for the whole family to play together.

#### Kyrene Extreme Adventure Club 3-5 (Brisas Only)

Students will participate in a wide variety of outdoor adventure experiences including pitching a tent, outdoor cooking, orienteering, fishing, adventure games, basic first-aid and more. This class is only for students looking for an extreme experience and is sure to fill up quickly!

#### Flag Football 3-5

This class is focused on learning the basic fundamentals of football and developing speed and hand-eye coordination. Students will participate in weekly scrimmages and culminate with a Summer Academy Superbowl.

#### Lacrosse 3-5

Come join this high paced, action filled sport that keeps kids moving and helps encourage higher fitness levels.

#### Digital Storytelling (Frames, Comic Life & Pixie)

With programs such as Frames, Comic Life and Pixie, students will learn to create illustrated animations, movies, and digital stories. This class will engage students like never before while encouraging problem solving, promoting creativity, and helping students develop 21st century skills.

### Middle School Classes

#### Fractured Fairytales 5-8

This hilarious writing class helps you take classic fairytales and re-write them with new characters, twists and turns! Students will have the opportunity to illustrate their stories as well as perform a select few for all of Academy to see.

#### Guys Read 6-8

This club will only read books that include explosions, goriness, fast cars, aliens and other weird things. In between readings, with the guidance of your teacher, you will smash things just for fun.

#### Finance Park 6-8

JA Finance Park helps students build foundation for making intelligent, lifelong, personal financial decisions. This middle school, advanced version of BizTown teaches students about the advantages and disadvantages of credit, the risks and benefits of investing, and to complete a budget.

#### Pre-Algebra 5-8

For students entering the 8th grade, or looking to review 8th grade math concepts. Problem solving techniques will be used to investigate math concepts. Algebraic, geometric and arithmetic reasoning will be covered in this class.

#### Sixth & Seventh Grade Math Concepts 5-7 and 5-8

A variety of activities will be used to reach out, educate, and help students connect with math. Review fractions, decimals, percents, and integers. Learn why and how math can be used in real life situations, games, and activities.

#### Fantasy Baseball Statistics 6-8

We'll be drafting players, creating our own teams and following them throughout the month. Learn how statistics drive player contracts and performance and separates the big leaguers from the benchwarmers.

#### STEM University 6-8

The course will focus on science, technology, engineering, and math by participating in a variety of hands-on, experiential, inquiry-based and learner-centered student activities, including engineering design processes.

#### Fine Art – Ceramics, Fibers, Printmaking 6-8

In Ceramics, students create clay glazed bowls. Fibers class allows them to use fabric, yarn, wool and more to make weavings. Printmaking class will include reliefs, collagraphs and more. Students take all their creations home.

#### Jewelry Making 6-8

Become your own jewelry designer, where you can choose from a huge selection of hot colors, textures, and unique beads to make one-of-a kind pieces.

#### Teen Top Chef 6-8

This class will focus on cultural and historical facts about food while introducing students to basic culinary concepts and techniques. There will be a competition during the last week to determine Summer Academy's Top Teen Chefs!

#### Flag Football 5-8

This class is focused on learning the basic fundamentals of football and developing skills. Students will participate in weekly scrimmages and a Summer Academy Superbowl.

#### Speech and Debate 6-8

Do you think homework shouldn't be allowed on Fridays? Come learn how to effectively win your way through an argument by mastering the etiquette of debate. And that's affirmative!

A complete list can be viewed online at:  
[www.kyrene.org/commedfthb](http://www.kyrene.org/commedfthb)



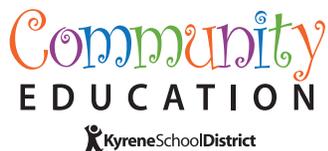
**Two Evening Performances! • Akimel A-al Middle School • June 26 & 27 at 7:00 p.m.**

**Willy Wonka - Two Performances:**

June 26 and June 27 at 7:00 p.m.  
Akimel A-al Middle School

**Auditions:** Saturday, April 21  
10:00 am - 5:00 pm  
Akimel A-al Middle School

**Cost:** \$255 - Ensemble and Crew  
(Principal roles have an additional fee of \$135)



**Children can audition to be a star—  
on or off the stage! (4-8 Grades)**

Blends the love of performing with the knowledge and technical aspects of the stage. Students work with a voice coach, learn choreography and dance, how to apply stage make-up, costume design and much more!

[www.kyrene.org/commedfwb](http://www.kyrene.org/commedfwb)

(click on Community Theatre)

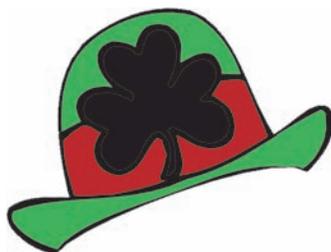
Kyrene Middle School (Entering Grades 4-8)		
Kyrene Summer Community Theatre - Willy Wonka		
Program Date and Time	Tuition	Barcode
June 4 - June 28	\$255*	19117
Mon-Thur 12:45-4:45pm	*Additional \$135 for principal roles	

Note: Transportation is NOT available for Summer Community Theatre.



8700 S. Kyrene Road, Tempe 85284 (NW Corner of Kyrene & Warner Rds.) Customer Service 480-541-1500

## Cover shot



Anastasia Stinchfield, left, and Valerie Chaira are only two of the St. Paddy's Day welcoming committee getting ready for a March 17 fundraising bash at south Tempe's Tilted Kilt Pub & Eatery, benefiting the Tempe Diablos.

The celebration takes place 11 a.m. to 2 a.m., with entertainment, an Irish breakfast & drink specials all day.

Also planned: Leprechauns (noon-2, 5-7); Bagpipers (5-6 p.m.); and music, including a DJ from 11 am - 12 pm, 4-6 pm and 10-11 pm).

Lizard Kings (noon-4 pm), The Persuaders (6-10 pm).

\$10 cover 11 am - 2 am

FOR MORE DETAILS CALL 480-456-5458.

Because we add an extra week between editions twice a year, your next issue of Wrangler News will be delivered March 23-24.

Deadline for articles, photos and advertising space commitments will be 5 p.m. Friday, March 16.

Feel free to call us at 480-966-0845 any time 9-5 Monday-Friday. As always, we appreciate your support of Wrangler News.

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 **Tempe St. Luke's Hospital**  
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www.mvLutheran.org

**WEEKEND WORSHIP SCHEDULE**

Saturday 5:30pm | Sunday 8:00, 9:15, 10:45am & E44 at 10:44am



**TASTING AHWATUKEE**

A BUSINESS EXPO SHOWCASING LOCAL RESTAURANTS AND BUSINESSES

**SATURDAY, MARCH 3, 6-9 PM**

TICKETS AVAILABLE AT THE DOOR

[www.TastingAhwatukee.com](http://www.TastingAhwatukee.com)

**BreakThrough ON WEDNESDAY EVENING**

OPPORTUNITIES FOR ALL AGES!

Supper & Fellowship at 5:30pm | Classes at 6:30pm

[www.mvlutheran.org/breakthrough](http://www.mvlutheran.org/breakthrough)



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480.893.2531 | [www.AhwatukeePreschool.org](http://www.AhwatukeePreschool.org)



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**Retirement May Be Far Off,  
But the April 17 Deadline for  
IRA Contributions Isn't.**

You have only so many years to prepare for retirement. That's why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2011 IRA contribution before the April 17 deadline.

By contributing now, your retirement savings can have more opportunity to grow. Even if you already have an IRA elsewhere, it's easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face guidance you deserve.

To learn more about the advantages of an Edward Jones IRA, call or visit today.



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Financial Advisor  
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480-763-5756



**Ron Crupe**  
Financial Advisor  
4080 W. Ray Rd., Ste 19  
Chandler, Arizona 85226  
480-491-1064



**Jess Dechant, CFP® AAMS®**  
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- Learn about Mesa Community College's transfer degree programs (most notably with ASU, NAU, and many other four-year universities)
- Learn about our career and technical programs
- Find assistance for applying for financial aid\*
- Learn about scholarship opportunities
- Investigate early college opportunities (Southern & Dobson campus only)
- Inquire about Mesa Community College's Honors and Service-Learning Programs
- Learn about the steps to enroll at MCC
- Enter to win a \$250 scholarship\*\* to MCC
- Tour the campus
- Informational sessions in Spanish

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SUCCESS  
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**MCC Spring 2012 Open House**

5:00 – 7:30 PM

**March 28 | Southern & Dobson Campus**

1833 W. Southern Avenue

Mesa, AZ 85202

For more information call (480) 461-7640  
or visit [www.mesacc.edu/openhouse](http://www.mesacc.edu/openhouse).



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\*To apply for financial aid, please bring your 2011 tax information. \*\*Scholarship Requirements: Only those with a lawful presence in the U.S. may qualify for MCCCDC scholarships or federal financial aid. Any information you provide about your legal status when you apply for financial aid or scholarships may be subject to mandatory reporting to federal immigration authorities under AZ law. This does not apply to applications for the private scholarship funds held in and distributed by the Maricopa Community Colleges Foundation. Recipient must be registered in a minimum of 6 credit hours for Fall 2012, enroll by August 11, 2012 (NO EXCEPTION) with a minimum 2.0 cumulative GPA (if continuing student). Scholarship is good toward tuition cost only. No cash will be exchanged for scholarship. Limit one \$250 scholarship per family.

# Discerning Diner

## Garlic & Shots offers a double whammy for KC diners

By M.V. Moorhead

Care to take a guess as to why the new restaurant on the southeast corner of Rural and Elliot is called Garlic & Shots? If you said, gee, maybe because all the food has garlic in it, and because the place serves lots of shots, well done. Go have a shot.

You'll have plenty of options from which to choose.

"It's something new," says co-owner and manager Mick Hoover. "Obviously all our food has garlic, and we have 101 unique shots."

A peek inside the menu he brandishes, and you can see he isn't kidding. The selections are almost as dizzying to read as they would be to drink: shots with names like Your Father's Moustache, Karaoke Kiss, McGiggle, Fried Brain, Wow, and (Number 99) Juicy Lucy, comprised of vodka, watermelon schnapps, sweet & sour and Sprite. They're \$8 each, for a shaker that offers about four shots.

"It was a great week of my life, but a hard week," says Hoover of the time spent devising and naming these concoctions.

"The mixologist was tough."

Probably no drink on the menu, however, is as

close to Hoover's heart as Number One, called the Bloodshot, and made from vodka, spiced tomato juice...and, of course, garlic.

"My late mother, she was a Cordon Bleu chef, and it was her recipe," Hoover explains. "Very spicy, sort of like a Bloody Mary, but it's a shot. It will blow you away." He pours me one, and I gulp it down, bracing for the garlic onslaught. It's surprisingly zingy and delicious.

Then there's the food. During my visit, I partook of the Crab Penne, bathed in a garlicky, delightfully textured cheese sauce, with garlic cheese bread on the side. I also sampled the succulent Sirloin Kobe Burger, and the Garlic Pomme Frites—thick french fries tossed in garlic and served with a side of sweet ketchup containing, for variety, garlic.

Mick Hoover and his collaborators didn't spin this unusual concept out of whole cloth. Garlic & Shots Tempe is the first U.S. location of a small chain found in such European towns as London and Stockholm—the overseas website is startlingly aggressive in its zealotry where garlic is concerned:

*"No dishes are served without garlic. You can always order extra garlic, but never less. As you leave the restaurant you should feel like you've been garlic marinated. This is our mission from God."*

"My Dad opened a bar in Mykonos, Greece," says

Hoover, "Called Bar Uno, because we played a lot of Uno. We met these guys who ran the Garlic & Shots in London, and we franchised the name for the U.S."

Despite its international origins, however, Hoover makes it clear that his location is very much a local establishment. He proudly notes that he's a fourth-generation Arizonan (his daughter makes a fifth generation) and that he intends Garlic and Shots to be rooted in the community; he tells me, for instance, that proceeds from sales of their signature drink the Bloodshot will go to local charities, in his mother's honor.

I greatly enjoyed Garlic and Shots, but I would offer one bit of advice: If you go on a date there for dinner, especially a first date, some breath mints might be in order.

On the other hand, if your date turns out to be a vampire, you should be well protected.

**Garlic & Shots** — 909 E. Elliot Road, southeast corner Rural & Elliot, Tempe. Hours: Tuesday-Saturday, 11 a.m.-2 a.m.; Sundays, 11 a.m.-midnight. Closed Mondays. Information: 480-588-8128.

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# Growing number hungry for sisters' raw, vegan foods enterprise

By Alison Stanton

For south Tempe sisters Amy and Rose Johnston, their business, The Green Asylum, came about as a combination of multiple factors all meshing at once.

The company, which specializes in raw and vegan foods, opened its doors last March. During this time, Amy and Rose have stayed busy catering events, teaching classes, hosting private parties, running an online store, and learning all they can about how the fusion of both raw and vegan foods can improve not only their health but the health of their customers.

"Our interest in raw and vegan foods initially started completely separately," Amy said.

"Rose and I were living in different areas of the country, and we were both dealing with some health issues," she said. "I had graduated as an associate chef from The Living Light Culinary Institute in Ft. Bragg, Calif., which taught me a lot about food and what it takes to make a healthy meal.

"I was looking for a change, and so I moved to Arizona first."

Amy said it was during a phone conversation with her sister that the two of them realized they had recently, yet coincidentally, discovered a mutual interest in both raw and vegan cuisine.

"We were on the phone, and Rose told me that she wanted to try raw food," Amy said.

Rose visited her sister in fall 2010, and they spent a few weeks together discussing their newly found

mutual interest in healthier cooking and eating. They decided to combine their skills and passions for food and open their own company, focusing at first on raw foods, which are defined as unrefined, unprocessed and untreated with heat over 115 degrees.

Rose said she first became aware of the connection between food and health during a stint at McDonald's.

"I really enjoyed working there, but I saw a lot of people who seemed to be kind of sick," she said.

After suffering from nausea after eating a meal a couple of years back, Rose said she looked online for help and found a wealth of information about the benefits of eating raw food.

"I wanted to start eating healthier, but I also wanted to share that with others to help them feel better, too, so I talked to Amy about it, and we started experimenting with raw foods and also cooking vegan meals."

Amy said one of the main goals of their business is to create food that is not only healthy, but delicious.

"We are both total foodies, and we love flavors and textures of food," she said.

"When we first decided to go raw and vegan, we found that there was a lot of tasteless, dry, and frankly gross foods out there."

So the two sisters began experimenting, and quickly learned that it was not only possible to make really tasty raw and vegan foods, but fairly easy, as well.

Although their business initially focused mainly on raw foods, Amy and Rose said that they quickly realized there was just as much, if not more, interest in vegan dishes, so they expanded their selections to include both.

Rose, who Amy describes as "a baking genius," has also added gluten-free baked goods to her repertoire.

"We realized that people who must eat gluten-free foods were as much in need of good products as vegans and people who eat raw foods," Amy said.

Judd Hawkins, owner and manager of Kosama Tempe, a popular fitness facility on Warner Road near Priest, recently hired Amy and Rose to cater his studio's one year anniversary.

"They do a great job of offering all kinds of different foods that are healthy and tasty," he said.

Hawkins said he and his guests enjoyed the lettuce wraps filled with a vegan "chicken" salad, as well as bell peppers filled with guacamole, black beans and corn served with a side of kale chips.

Since no party is complete without cupcakes, Hawkins ordered gluten-free varieties that were a huge hit with the attendees, many of whom didn't realize there were eating non-traditional cake.

"Everyone was really impressed," he said.

Hawkins said he appreciates the way Amy and Rose share what they have learned about food in a low key way.

—VEGAN, Page 23

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# Vegan

From Page 22

"They are all about giving information and helping others," he said. "They want everyone to become informed customers and have everyone learn about it together."

When they are not busy in the kitchen or hosting events, including a recent make-your-own pizza party that featured a dehydrated raw crust, raw tomato sauce and cheese made from almonds or cashews, Amy and Rose are working towards their goal of finding local stores that will carry some of their products.

"We are shopping around for places to carry our line of baked goods, such as Whole Foods Market and Tempe Indoor Farmers Market," Amy said.

"We are also working on an interactive blog page about nutrition, and we have a line of t-shirts coming out."

But beyond this, both Amy and Rose hope that people realize that eating raw and vegan foods is not a fanatical, tasteless, and tedious way to live. On the contrary, it's increasingly mainstream, delicious and relatively easy.

"You don't need to buy fancy powders or other things like that to eat like this," Amy said. "You can buy everything you need just at the regular grocery store."

For more information, visit [www.thegreenasylum.com](http://www.thegreenasylum.com)



Sisters Rose, left, and Amy Johnston.

## Coming up

**March 2, 10 a.m. and 7:30 p.m.; March 3, 2 p.m. and 7:30 p.m.; March 8, 7:30 p.m.; March 9, 7:30 p.m. — Chandler-Gilbert Community College presents Little Women** — Residents are invited to attend student performances of the Broadway musical *Little Women*, in the CGCC performing arts center on the college's Pecos campus, located on northwest corner of Pecos and Gilbert Roads off of Fairview Street. Tickets are \$10 for general admission, \$9 for seniors, \$7 for students and groups of ten or more and \$5 for the matinee. To purchase tickets, call 480-732-7343.

**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 3, 10:30 a.m. to 3 p.m. — Free SAT Practice Test provided by the Princeton Review** — Students ages 12 to 18-years-old can visit the Chandler Sunset Library, located on the northeast corner of Rural and Ray Roads, to take a free SAT practice exam, receiving a personalized score sheet pinpointing strengths and weaknesses at the scores back session on March 10.

**March 4, 2 p.m. — Tales from Double Butte to Highlight the Lives of Tempe's Founders** — Residents are invited to attend Tales from Double Butte, a narrated walking tour of Tempe Double Butte Cemetery, located on south of Broadway Road, just east of 48th Street, to learn about the lives of Tempe's founders, including Carol

Smith, the Decker family, Carl Spain, Curt Miller, Adolfo Romo, the Hayden family and Estelle Hackett. The cost is \$15 per person. To register, visit [www.tempe.gov/events/tales](http://www.tempe.gov/events/tales). Information: 480-350-5100.

**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.

**March 24, 12 to 8 p.m. — The Great American BBQ and Beer Festival** — Enjoy the ultimate BBQ experience, featuring craft beer, music and kids activities. Families can enjoy live entertainment from national and local artists, kids zone, farmers market, custom Harley Davidson bike show, eating competitions and themed activities of a traditional backyard BBQ. Proceeds benefit Downtown Chandler Community Foundation. Tickets are \$10, and free for kids ages 12 and under. For more information, visit [www.chandlerbbq.com](http://www.chandlerbbq.com).



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## Neighborhood Award nomination forms now available online

There is still plenty of time to celebrate residents and businesses engaged in enhancing the Tempe community – nominations for the city's Neighborhood Awards are due March 23.

This year's awards will again feature a Residential Beautification category to recognize exterior

improvements to homes or yards, along with a new award known as the Neat and Tidy Alley award.

Winners will be announced at the 2012 Neighborhood Workshop and Awards on Saturday, April 28, at the Tempe History Museum, 809 E. Southern Ave.

For a nomination form or for event information as it becomes available, visit [www.tempe.gov/neighborhoods](http://www.tempe.gov/neighborhoods) or contact the City of Tempe's Neighborhood Services Division at 480-350-8234 or [neighborhoods@tempe.gov](mailto:neighborhoods@tempe.gov).

### Free tax preparation for income-qualified residents

Don't pay hundreds of dollars to have your taxes done!

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 will be available each Saturday through April 14, from 9 a.m. to noon (except March 10 and 17 for Spring Break) and Wednesdays in February only from 5-7 p.m.

It is hosted by Tempe Schools Credit Union, 2800 S. Mill Ave.

For free tax preparation, families must have had an income of \$55,000 or less in 2011; single individuals must have earned \$35,000 or less.

Check [www.tempe.gov/tcc/financialstability/taxPrep.htm](http://www.tempe.gov/tcc/financialstability/taxPrep.htm) for details and what to bring to your visit.



## Arbor Day 5K

Join Tempe for the third annual Arbor Day 5K on Friday, April 27, at 6 p.m. at Giuliano Park at Tempe Town Lake.

Race proceeds benefit Trees for Tempe, a program to plant new trees and replace damaged trees in city parks and other locations.

Families are invited to bring children in strollers, dogs on leashes and run or walk in the 5K.

The course is a single loop around Tempe Town Lake and will be chip timed.

Advance registration is \$20 and includes a commemorative Arbor Day 5K T-shirt and goodie bag. Additional Arbor Day 5K

activities include an event expo and tree planting ceremony. For race information or to register,



visit [www.arborday5k.com](http://www.arborday5k.com).

There is no additional charge for online registration. For Trees for Tempe information, visit [www.tempe.gov/parks](http://www.tempe.gov/parks).

## Get geared up for Bike to Work Day

Tempe will hold its 21st annual Bike to Work Day event April 18.

The purpose of the event is to encourage people to use bicycles as an alternative mode of transportation.

On Wednesday, April 18, from 6:30 to 8 a.m., all bicycle riders who stop by one of the participating Bike to Work Day locations in Tempe will receive a free breakfast and the first 350 riders will receive free T-shirts.

At 7 a.m., join Mayor Hugh Hallman along with members of the Tempe City Council on a bike ride from Whole Foods Market to Ncounter in downtown Tempe. Breakfast site locations include:

- Back East Bagels (northwest corner of Southern Avenue and McClintock Drive)
- Berning's Fine Jewelry (southwest corner of McClintock Drive and Warner Road)
- IKEA (northwest corner of Warner Road and Priest Drive)
- Ncounter (southwest corner of Mill Avenue and 3rd Street)
- REI (southwest corner of Southern Avenue and Priest Drive)
- Wildflower Bread Company (southwest corner of McClintock Drive and Guadalupe Road)
- Whole Foods Market (northwest corner of Rural and Baseline roads)

Tempe Bike to Work Day sponsors include Back East Bagels, Berning's Fine Jewelry, IKEA, Ncounter, REI, Whole Foods Market and Wildflower Bread Company.

For more information visit [www.tempe.gov/tim](http://www.tempe.gov/tim) or call 480-350-8663.

## Ask the Expert

# What you need to know about colorectal cancer

**M**arch is National Colorectal Cancer Awareness Month — its purpose is to help educate people about this type of cancer, and how it can be prevented and best treated.

Colorectal cancer, cancer of the colon or rectum, is the second leading cause of cancer-related deaths among men and women.

Rushda Mumtaz, M.D., a board-certified gastroenterologist on the medical staff at Tempe St. Luke's Hospital, St. Luke's Medical Center, and in practice at Phoenix Gastroenterology Specialists, a Physician Group of Arizona, Inc., practice, answers common questions about colorectal cancer and how best to reduce one's risk of developing colorectal cancer.

### Q: What is colorectal cancer?

— A: Colorectal cancer is cancer that starts in either the colon or the rectum. Nearly all types of colorectal cancers start as a polyp — a noncancerous (benign) growth that begins in the lining of the colon or rectum — which can become cancerous if untreated.

Symptoms associated with colorectal cancer include rectal bleeding, change in bowel habits, abdominal pain, weakness, unexplained anemia and weight loss. People experiencing any of these symptoms should consult a physician immediately.

### Q: Who is at risk of developing colorectal cancer?

— A: The risk of developing colorectal cancer increases with age — 90 percent of colorectal cancer cases occur in adults age 50 years and older. However, researchers have recently uncovered an alarming trend — the incidence of rectal cancer in people under 40 years of age has increased steadily by 3.8 percent for the past 20 years. Some risk factors for colorectal cancer include:

**Age** — primarily in persons age 50 and older; **Family history** of any type of colorectal cancer; **History** of bowel disease; **Race** or ethnic background — specifically African Americans and Ashkenazi Jews; **Diet** high in red meat; **Lack** of exercise; **Being** overweight/obese; **Smoking**; **Alcohol** use; **Type 2** diabetes.

### Q: If I don't have symptoms, do I still need a screening?

— A: Absolutely. There are very few symptoms associated with colorectal cancer, so screenings are vital. Colorectal cancer is a very preventable and curable cancer, if detected in its early stages. According to the Centers for Disease Control and Prevention (CDC), if everyone age 50 years and older was screened regularly, as many as 60 percent of the deaths from this cancer could be avoided.

### Q: What screenings are available and when do I get one?

— A: It's recommended that you have regular screenings beginning at 50 years of age, and earlier if you have a family history or other risk factors. When it comes to colorectal screenings, there are several options, but colonoscopies remain the gold standard.

For people who are unwilling or unable to undergo a traditional colonoscopy, there are other options. For example, a virtual colonoscopy is a computed tomography (CT) scan of the colon.

It's less invasive and doesn't require sedation. However, it cannot detect polyps less than one centimeter in size, and therefore should only be used if

someone is either unable or unwilling to undergo a colonoscopy.

In addition to regular screenings, physicians recommend a high-fiber, low-fat diet, regular exercise and quitting smoking to decrease one's risk of colorectal cancer.

There is also some evidence that the use of certain medications, like aspirin and other nonsteroidal anti-inflammatory drugs, may reduce the risk of colorectal cancer. Individuals should seek professional medical advice before taking these types of medications for the purpose of reducing colorectal cancer risks.

*Rushda Mumtaz, M.D., is a board-certified gastroenterologist on the medical staff at Tempe St. Luke's Hospital, St. Luke's Medical Center, and in practice at Phoenix Gastroenterology Specialists, a Physician Group of Arizona, Inc., practice. For a referral to a primary care physician or specialist, call 1-877-351-WELL (9355).*

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

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**Service Directory**

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**Drywall** — Vic's Drywall Repair and Retexturing, Repair holes in drywall and block walls, Paint doors, pool fences, Epoxy coat garages, remove wallpaper, Stain and seal wood doors and other handyman services. Call for a free estimate, 480-820-5797 or 480-710-0034 See our ad in Guide to Neighborhood Services.

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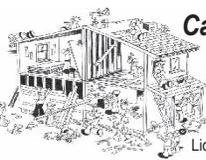
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