

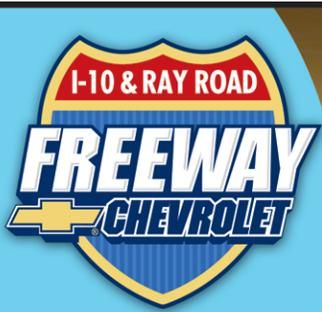
Wrangler NEWS

Think Local. Read Local.



Mr. Bunny dropped off eggs and ran for cover when an eager flock of kids went on a seek-and-find mission — *Details, Pg. 11*

Wrangler News photo by Billy Hardiman



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2014 Chevy Equinox LS



2.9% apr for 60 mos.⁽²⁾

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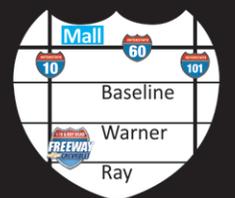
10 Chevy Cobalt #140336B	\$10,888	13 Chevy Sonic LTZ #CP57280	\$16,888	11 Chevy Camaro LS #141036A	\$21,988
12 Chevy Sonic LT #140894A	\$11,888	10 Chevy Camaro LT #141302A	\$18,888	12 Chevy Camaro 2LS #140765A	\$23,988
11 Chevy Impala #CP56111A	\$14,888	13 Chevy Malibu 2LT #CP57266	\$19,888	03 Chevy Corvette #P2642	\$25,988
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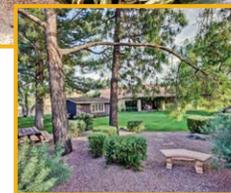
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5 Bdrms / 4 Bath, 5,885 sf. Well designed custom home with recent updates sits on 2 lots. Great kitchen, lots of cabinets and counter space, center Island, extra seating, oversized breakfast bar. Family room opens to kitchen, great views of yard, soaring ceilings, spacious master, huge loft upstairs. Open floor plan, 3 car garage, pool, covered patio, front courtyard with custom iron gate. Horses allowed. Offered at \$995,000.



Tempe - Stunning Warner Ranch Home

3 Bdrms / 2.5 Bath, 2,681 sf Beautifully updated interior and unbelievable backyard! New kitchen, custom cabinets, stunning counters, updated lighting, top of the line appliances. Master bath, hall bath, powder room, high-end finishes with designer touches. Den/office opens to private patio and sitting area. "Resort Style" backyard w/ hobby house art/studio. Built in fireplace, French doors, spectacular yard, private gate to the park. Offered at \$995,000



Chandler

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Underage drinking, drug use targeted by 3-city coalition

Alcohol awareness month winds down in less than two weeks, and with prom and graduation season rapidly approaching, a group of east Valley organizations is partnering to reduce underage drinking and youth drug use.

Tempe Coalition, Chandler Coalition on Youth Substance Abuse and Mesa Prevention Alliance have joined efforts to tackle substance abuse, particularly from now through June, which typically coincides with a seasonal rise in alcohol-related traffic fatalities and incidents.

"We have always been aware of each other's efforts," said CCYSA senior vice president Melissa Jimro, "but we thought, with prom and graduation season right around the corner, there couldn't be a better time for us to really start working together."

Individual coalition efforts to reduce underage drinking have included TV, radio and print public service announcements; city-specific campaigns; and youth programs.

Now, the coalition is exploring ways to combine resources to be more

effective and far-reaching with its messages and prevention efforts.

"The cities of the east Valley are located so close together, and we know that our youth travel from city to city, so we believe we can be stronger if we align our prevention messages to be more visible in the east Valley as a whole," said Karen Frias-Long, program director of Mesa Prevention Alliance.

In the coming weeks, the coalition will begin working to craft messaging that its member groups hope will be relevant to an area-wide audience; explore ways of combining youth program activities; and work together to address youth alcohol and drug use on a larger scale.

"This is an exciting opportunity for our groups to have a bigger impact and reach more parents and youth with our efforts," said Bobbie Cassano, Tempe Coalition coordinator.

"We know that during this time of year youth are celebrating, and may be tempted to use drugs or alcohol. We want to provide education to our community that will keep them safe."

Bank robbers sought

Chandler police are asking for the public's help in identifying four suspects in an April 14 robbery of the Compass Bank branch at 3075 W. Chandler Blvd.

Sgt. Joe Favazzo said the Black male suspects entered the location about 1:30 p.m. and passed a note to a teller. After obtaining an undisclosed amount of cash, they fled to a nearby Chili's restaurant, where a getaway vehicle was waiting.

A few minutes later, officers spotted

the vehicle driving northbound on the Price/101 freeway from Ray Road, however were unable to keep up with it at speeds of up to 100 miles an hour.

Because of the driver's reckless behavior, officers backed off and did not initiate a pursuit, Favazzo said.

The vehicle was last seen northbound on Price Road through Guadalupe Road, where the suspects ran a red light.

The men in the photograph are being sought in this robbery. Police ask that anyone with information call 480-782-4130.



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Good Friday, Easter services at some of your favorite places of worship

Arizona Community Church— Good Friday services: 7 p.m.; Easter services: 8 a.m., 9:30 a.m., 11 a.m. 9325 S. Rural Road, Tempe, 480-491-2210.

Mountain View Lutheran Church— Good Friday services: 6:30 p.m.; Easter services: 6 a.m., 7:30 a.m., 8:45 a.m., 10 a.m., 11:15 a.m. 11002 S. 48th St., Phoenix, 85044, 480-893-2579.

Dayspring United Methodist— Good Friday services: 7 p.m.; Easter services: 6 a.m., 7:45 a.m., 9 a.m., 10:30 a.m. 1365 E. Elliot Road, Tempe, 480-838-1446.

Harvest Bible Chapel— Good Friday services: 7 p.m.; Easter services: 9 a.m., 11 a.m. 101 E. Comstock Drive, Chandler, 480-471-6614.

Gethsemane Lutheran— Good Friday services: 12 p.m., 7:00 p.m.; Easter services: 6 a.m., 8 a.m., 9:30 a.m., 11 a.m. 1035 E. Guadalupe Road, Tempe, 480-839-0906.

King of Glory— Good Friday

services: 7:00 p.m.; Easter services: 6 a.m. 8:00, 9:15, 10:45 a.m. 2085 E. Southern Ave., 480-838-0477.

Our Lady of Mt. Carmel Catholic— Good Friday services: 7:30 p.m.; Easter services: 7 a.m., 9 a.m., 11 a.m. 2121 S. Rural Road, Tempe, 480-967-8791.

Harvest Community Church— Good Friday services: 4:30 p.m., 6 p.m.; Easter Services: 8 a.m., 9:30 a.m., 11 a.m. 3065 S. Ellsworth Road, Mesa, 480-354-0680

St. Andrew the Apostle Catholic Faith Community— Good Friday services: 7 p.m.; Easter services: 7 a.m., 9 a.m. (church and tent), 11 a.m. (church and tent). 3450 W. Ray Road, Chandler, 480-899-1990.

Desert Cross Lutheran— Good Friday services: 7 p.m.; Easter services: 6:30 a.m., 8 a.m., 9:30 a.m., 10:45 a.m. 8600 McClintock Drive, Tempe, 480-730-8600.

University Presbyterian Church—Easter services: 6 a.m., 9:30 a.m. 139 E Alameda Drive, Tempe, 480-966-6267.

— Compiled by Chelsea Martin



FRIDAY | **2014**
APRIL 25
at **Kiwanis Park**

5K RUN/WALK
Begins at 6:15pm

\$20 thru April 24 or \$25 on April 25

Kids Dash
Begins at 6pm
Free for ages 12 and under

Race proceeds benefit the Trees for Tempe program. By participating in the 5K you can help reconstruct Tempe's urban forest.

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Ages 3-14
Monday, June 23 thru
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Kyrene schools to remodel lobbies as part of enhanced security plan

By Diana Whittle

At the start of classes next fall, students and their families will find measures in place designed to help improve the safety and security of campuses at seven Kyrene schools: newly remodeled entry lobbies.

The upgrades will be completed in a phased-in approach, with work beginning this summer and being completed by the end of July 2015. Lobbies will be closed during the construction.

First on the list of updates:

Kyrene de Akimel, Kyrene de las Lomas, Kyrene de los Niños, Kyrene del Norte, Kyrene de la Mirada, Kyrene de las Manitas and Kyrene de las Brisas.

Plans were unveiled to the Kyrene Governing Board by Eric Nethercutt, director of transportation and facilities, and by Mark Share, the district's director of technology.

When averaged over all the schools, the cost of each lobby's remodeling is estimated to be \$104,000, which will be funded through capital funds.

In a computer-aided illustration displayed by Nethercutt, all updated schools will have a separate visitors' entrance that includes a secure door to allow access to the rest of the school.

"Only visitors who are buzzed through the door will be allowed beyond the lobby," said Nethercutt.

"And, visitors will be separated from staff by a large countertop of about 20 feet and a wall with

five panels of glass. There will be an opening at the bottom and one at the top of the glass to allow for the passage of packages, deliveries or backpacks."

Behind the lobby wall will be a staff area with three workstations and easy access to serve visitors who come into the lobby, says Nethercutt.

Modular furniture will be installed to fit the workspace.

Within the lobby, computer kiosks will be available for self-service, and the area will be equipped with a large-screen monitor and security camera. The design of each lobby will be compliant with and accessible under rules of the Americans with Disabilities Act.

Students will enter through a separate lobby door that will allow them direct access to the principal and secretary, and the health office. A counter will be installed to be student-, rather than adult-, height.

An architectural firm developed the plans based on input from the Kyrene district's Safety and Security Team.

Staff visited schools in other districts in the Valley in an effort to create district-wide standards that will be followed at all Kyrene schools.

"We are creating an integrated security system across the entire district," said technology director

— SECURITY, Page 7



**Summer
Day Camp**

JUNE 9-12
Basketball Camp, Science Camp,
Ballet and Jazz Camp

JUNE 23-26
Football Camp, Cupcake Camp, Cheer Camp

JULY 7-10
Karate & Fitness Camp

JULY 14-17
Art Camp, Soccer Camp

CAMP FEES RANGE FROM \$15-25 WEEK
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JUNE 16-20
9:00-11:45am

\$10
per child

Children ages 4 to leaving 6th grade
Students leaving 4th -6th grades, will take part in extra activities and events as well as VBS

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Amazing science experiences
Untamed games
Lip-smacking snacks
Surprising adventures
Incredible music

Security

From Page 6

Share. "Some of the steps are already in place, such as security camera, ID badges, a badge system for visitors and a closed campus during school hours."

Share chaired the Safety and Security Team over the last several years and said the changes are being made to improve safety, not to create an intimidating environment.

"We have chosen five color palettes for the counters and walls, which can be selected by the administration of each school," said Share.

"We want the school lobbies to still remain welcoming."

Share says his team is continuing to introduce the lobby redesigns to groups throughout the district and is working on a communications plan to inform all parents and the public.

Board president Ross Robb reacted positively to the plan and said, "The changes will be an asset to the district and are a necessary addition."



Tempe Police Department's Crime Prevention Unit hosted a free VIN-etching opportunity early this month, giving residents one more way to discourage auto theft.

Site for the event was the Finesterra apartment-home complex on Grove Parkway in south Tempe, where vehicle owners needed about 10 minutes to get the identifying number engraved onto their car or truck.

The etching was done by Tempe PD officers.

Police say the process helps them recover a stolen vehicle as quickly as possible and acts as a deterrent to seasoned, skilled car thieves.

Officers also were on hand to answer questions about the process, which involves etching the ID information onto the edge of a window frame.

According to Police Chief Tom Ryff, officers continue to pursue recovery of the 487 vehicles reported stolen in Tempe in 2013. The National Insurance Crime Bureau reports 12,194 vehicles were stolen in the Valley in 2012. Said Ryff: "Through diligent policing, the practical use of technology, and great law enforcement partnerships, we continue to see these numbers decline. Hosting this free event is one more way we can work with everyone in our community to prevent crime."

— Wrangler News photo by Billy Hardiman

THIS IS THE DAY LIFE BEGINS

Easter Sunday
April 20
2014

We Invite You to Celebrate Easter With Us...

4.12 Palm Sunday / Cantata, 5:30pm	4.20 Easter Breakfast, 7:00am-11:00am
4.13 Palm Sunday / Cantata, 8am, 9:15am, 10:45am	4.20 SonRise Worship w/Communion, 6:00am
4.17 Maundy Thursday (First Communion), 6:30pm	4.20 Worship w/Communion, 7:30am
4.18 Good Friday Prayer Vigil, 6am-3pm	4.20 Worship, 8:45am
4.18 Good Friday Worship, noon & 6:30pm	4.20 Worship, 10:00am
4.19 Holy Saturday Worship, 5:30pm	4.20 Worship w/Communion, 11:15am

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Entertainment
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April 18: Bob McCarroll
April 25: Ryan Fremling
May 2: *Cancelled*
May 9: Cottonwood Stone
May 16: Bob McCarroll

Walk-in Wednesdays

Open Mic Night

Enjoy an evening of free music with host Walt Richardson.

April 16, 23, 30
May 7, 14

Open: 6-10 p.m.
sign up: 5:45 p.m.

Youth: 5-6 p.m.
sign up: 4:45 p.m.

Weekends at TCA
Shows at 7:30

April 25: Kris Royer
May 2: *Cancelled*
May 9: Jonathan Gregory
May 10: Insane and Sober
May 16: Jon Jesmer

Please check www.tempe.gov/tcacomedy for additional shows to be announced

SCI-FI FRIDAY

Fridays at 6 p.m. Free science, science fiction or pop culture discussion.

April 18: Graphic Novels of Martin Vaughn-James
April 25: Dune's Controversial Connection to Pop Culture
May 2: *Cancelled*
May 9: Phoenix Comicon
May 16: Justice and Social Inquiry

April 18, 7:30 p.m.
Class Clowns Comedy

April 19, 8 p.m.
Bully Mammoth

April 20-May 25
Childsplay: *Schoolhouse Rock*

April 23, 7:30 p.m.
Tempe Sister Cities & Lakeshore Music: Domspatzen – the Regensburg Boys' Choir

April 23, 7 p.m.
Poetry in April: David Chorlton

April 25, 7:30 p.m.
Music Under the Stars

April 26, 7:30 p.m.
Lakeshore Music: Tamir Hendelman Trio

April 27, 2:30 p.m.
Sonoran Chamber Music Series: Piano and Cello

April 27, 3 p.m.
Indian classical dance performance

April 30, 6 p.m.
Art After Work: *Happy Poppies*

April 30, 7 p.m.
Poetry in April: Rebecca Byrkit with special guest Jerry Riopelle

May 16-17
Movement Source Dance: Serendipity

May 17, 7:30 p.m.
Lakeshore Music: Alison Wedding

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ALL SMILES



Despite being 7,700 miles and 11-plus hours apart, Tempe residents Denise Rentschler and Kate Baldanza forged a bond that helped bring happiness to a blind 9-year-old and hope to dozens of other disabled kids. The pair's long-distance collaboration netted almost \$7,000 in donations to Team Asa, a non profit focused on helping special-needs kids.

Rentschler launched her first philanthropic endeavor in 2012, challenging friends and neighbors to leap into an Olympic-sized pool at the Tempe Lakes community for a mid-winter Polar Plunge. The effort produced some chilly divers but a happily warm reception, with donations topping the \$4,200 mark.

A year later, in 2013, enthusiasm for the event

had snowballed, with Rentschler joined by Baldanza, who by then was serving as a military police officer in Kabul, Afghanistan.

The miles, it turned out, hadn't thrown cold water on Baldanza's determination to be part of Rentschler's next fund-raiser, so she decided to create a U.S. Army spin-off of her friend Denise's hometown initiative. Funds generated at Baldanza's event, coupled with the nearly \$6,000 raised by Rentschler's efforts at home, netted nearly \$7,000, a portion of which provided a specially outfitted tandem bike for the 9-year-old and a sighted riding companion.

Said JoLyn Gibbons, principal of Aguilar Elementary School where Rentschler and Baldanza joined a group of well-wishers presenting the boy his bike: "He has no fear. You'll look at him and say, 'He's not blind.'"

An assembly at Aguilar Elementary School provided the backdrop for representatives of Team Asa's Polar Plunge project to surprise blind student Joaquin Valencia with the No. 1 item on his wish list: a tandem bike. With it, the 9-year-old fourth grader and a buddy can compete in the school's triathlon this fall. Joining Aguilar's Wildcat mascot and Tempe Elementary District Adapted-PE instructor Sally Pickett, right, were project coordinator Denise Rentschler, left, and her fund-raising collaborator Kate Baldanza, in uniform, who organized a copycat Polar Plunge during her stint as a military police officer in Afghanistan. In all, the project generated more than \$7,000 in donations.

— Wrangler News photo by Billy Hardiman

Dining Out

Duke's: Where family memories are made

By M.V. Moorhead

"Honestly, we wanted someplace where all three of us would want to go."

Within that encapsulated bit of history from Jaime Ponder, one of the three founders of Duke's Tavern, lies the gastronomic *raison de e'tre* of the owners' foray into opening one of the east Valley's newest—and potentially most appealing—dining destinations.

"Someplace with great food—someplace where you could go and watch the game, or you could bring the family."

So far, so good.

You can certainly watch the game on any of several TV screens in the roomy, airy eatery and bar at the northeast corner of Ray and Rural roads in Chandler, which opened last October.

I took my family there on a recent Saturday afternoon, and we ate our fill from Dukes' long and varied menu of pub-grub favorites done right.

"All of the recipes are stuff we came up with, sort of home cooking," says Ponder, an Ohio native and veteran of the Columbus-based chain Max and Erma's. She and her partners Amy Mills Scheufler and Justin Azelton, who met while working at Chandler's New York Pizza Department, take pride in the from-scratch nature of Dukes' food.

"We honestly do everything in-house, except for bread, which we buy from a local bakery."

Among the goodies we tried were the wings, available accompanied by such sauces as Chipotle BBQ and Sriracha BBQ. We kept it simple—the Bourbon BBQ—and weren't disappointed.

We also tested Duke's skill at the all-important burger by trying the sliders, and these too proved worth the tummy space—beefy and juicy but not greasy.

Duke's offers somewhat more ambitious fare as well. The tasty Greek Chicken Pasta, with feta, cherry tomatoes and olives in a light sauce, makes a hearty but not heavy option for the coming warm weather.

The only slight letdown, for me, was the hummus—a bit thin and soupy for my taste. I actually liked the olive tapenade that's served with it better than the hummus itself.

Maybe the highlight of the menu, however, is the Reuben. Duke's does the deli classic traditionally—corned beef with sauerkraut and swiss cheese—but to snappy, vibrantly flavorful perfection between slices of marbled rye.

"We slow-roast our own corned beef," says Ponder, "which most places don't do. Our Reuben is one of the best Reubens." The pride seems to me justified—it's one of the best Reubens I've ever had, too.

The very spaciousness of Duke's is part of its appeal—it doesn't have the cramped, jostling feel that so many watering holes have. And this extends to an outdoor space, as well.

Says Ponder:

"What sold us on the place is that it has an awesome patio, something that wasn't really capitalized on by the previous owner."

The Duke's Tavern trio *are* capitalizing. "Since we finished the patio," says Ponder, "we've done a 40th birthday party; we've done a wedding rehearsal dinner; we're doing a wedding reception."

In short, Duke's is shaping up to be not only a place to watch the game or get a bite with the family, but a place where family memories can be made.

Duke's Tavern is at 4910 W. Ray Road, just west of the Sunset branch library. Hours: 11-midnight, Sunday-Thursday; 11-2 a.m. on Friday & Saturday. Phone: 480-993-3359.



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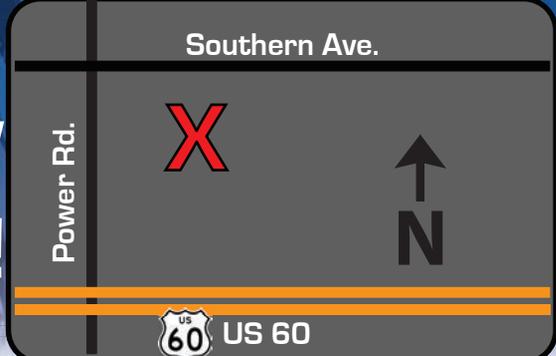
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A wish come true for girls lacking prom dresses



Kyrene Outreach staffer Jennifer Hargreaves gets dresses ready for 'Wish Come True' event.

By Diana Whittle

Donate a new or gently used dress by Friday, April 25, and you'll help volunteers with the Kyrene Foundation outfit an eighth-grade girl in style for her promotion ceremony—and make a “wish come true.”

This marks the fourth year for the Wish Come True dress drive, which invites a select group of

Kyrene students to shop for a gown of their choice.

Over the past three years, donations rose steadily, which allowed more girls to be served. Last year, 85 girls participated, with more than 300 dresses to select from.

“We reach out to girls who may be on our Family Resource list to come to the ‘Wish Come True’ event,” said the project’s coordinator, Amanda Nosbisch.

“These are families who otherwise might not be able to afford a new dress for their child’s upcoming graduation event and the dance following it.”

Throughout the year, the Kyrene Foundation assists local families in need at the district’s Family Resource Center, located on the campus of Kyrene de los Niños Elementary School, 1330 E. Dava Drive.

The center represents a joint effort between the Kyrene School District and the foundation. It offers needy families access to resources to meet their basic needs—food, clothing, shelter, medical or legal support, resource referrals, scholarships and after-school programs.

For the “Wish” event, staff at the resource center warehouse built racks to properly showcase the donated dresses. Foundation volunteers serve refreshments to families and, for the girls, create a special shopping environment where they can look over the dresses, try them on—even select accessories, including jewelry or shoes.

“Our event is a great experience for the girls. We have hair and make-up stylists available for a

complete beauty make-over,” said Nosbisch.

“We want the girls who participate to feel excited and pampered.”

Nosbisch particularly credits the dedication of the volunteers and the generosity of the community for making this program a success, in particular Lisa Gibson, the principal at C.J. Waggoner Elementary, who gathers make-up, nail polish and other items to give to the participants.

“For the last two years, she has personally made individual goodie bags for all the girls,” said Nosbisch.

Other volunteers come to the special event to guide the girls through the experience and to help them to select the perfect dress. If they don’t happen to find one that fits, they will be given a gift card to shop on their own.”

After the graduation fun is over, families are asked to return the dress in good condition for another family to use next year.

“It’s a wonderful event for everyone involved, and we really appreciate the support we have received,” said Nosbisch.

Dresses may be dropped off at the Family Resource Center; the Kyrene District Office, 8700 S. Kyrene Road; or at Kyrene Middle School, 1050 E. Carver Road.

For more information on volunteering for the event, contact Amanda Nosbisch in the Community Education and Outreach Services Department at 480-541-1500.

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For the families who turned out for our first-ever Wrangler News Easter Egg Hunt, the message was clear: When the local newspaper gets behind what's going on in the neighborhood, people respond.

There's nothing new about this theory, but it's nonetheless reassuring to know that community newspapers are still a big part of our lives, even with the comings and goings of all manner of social and online media.

This message about the power of local coverage is one we deliver every day, stressing our belief in news that's strictly about you and your neighbors. It's a belief we've held for 25 years, and it's a message that continues to be reaffirmed by the reaction we get nearly everywhere we go.

Our Easter Egg Hunt at Tempe's Estrada Park provided an opportunity for us to meet and greet some of the nearly 20,000 families who look forward to receiving Wrangler News in their driveway twice every month. It was an event that offered a chance for local businesses to shake those same hands, to reinforce their own business-to-people relationships—to remind all of us that they're ready and eager to be an involved, committed part of their community.

In this case—and please note this was the first in a series of events we have planned for the future—some of the businesses we invited to join us as co-sponsors not only signed on but showed up at our event with a real display of excitement and eagerness. Because we got a late start (something that won't happen next year), we frankly ran out of time and space for many who wanted to help support this community family event.

At this point we would be remiss in not mentioning Dave Roche, the Tempe Edward Jones agent who helped inspire us as we laid plans and who (spoiler alert for the little ones) agreed to fill the furry shoes of a mostly convincing Easter Bunny.

Our bunny-ettes, Wrangler News Publisher Tracy Doren and Writer/Sales Exec Chelsea Martin, displayed their own brand of inspiration, minus the furry feet.

Others who participated as sponsors were Kris Cartwright of UBG Realty; Weon Keyong Health Center; Great Harvest Bread Co.; Tempe YMCA; People's Mortgage (Alicia Romo); Kyrene School District Community Education; Wells Fargo Bank (Nicole Harned); University Animal Hospital; Pieces of 8 Boutique; and Babbo Italian Eatery.

The photos accompanying this article, as well as our cover shot, capture the excitement brought to the event by everyone involved, and we're proud and happy that the concept of neighborhood news is still a strong, positive reason to believe that community newspapers continue to play a vital role in bringing lives together.

We'll see you next year—and watch for more Wrangler-sponsored events in the coming months.



Wrangler News photos by Billy Hardiman

Tempe History Museum to host heady soul-pop of 'Future Loves Past'

By Chase Kamp

While the Tempe History Museum has been working hard to chronicle the city's musical past in a forthcoming exhibit of cherished local musicians, the curators have also been celebrating the sounds of today.

On April 26 the museum is offering a concert featuring the soulful psych rock of Tempe's Future Loves Past, a band that writes ambitious concept albums packed with catchy

pop hooks.

The free show, which starts at 7 p.m., will be in the museum's recently expanded community room, which has already hosted such varied fare as classical ensembles, country singers and folk song archivists.

Future Loves Past, led by singer and bassist Eric Palmer, has been working its way around the Tempe music scene since 2010.

The band's dynamic debut full-length record, *All the Luscious Plants*,

was released last year, but Palmer spoke with *Wrangler News* primarily about the group's ambitious *Our Solar System* EP, an ongoing song project that tries to capture the essence of heavenly bodies above.

Palmer said he began writing songs about planets and stars before the band's conception. Though the EP was released digitally and on cassette tape in March, he and his bandmates are still compiling song ideas and reworking existing tracks.

"There's a lot to draw from in mythology," Palmer said when asked about the inspiration for the series. "You can use it as a vehicle for the message you're trying to convey."

The EP begins, appropriately, with "The Sun," a shimmering funk-pop number full of light that sets the template with bright melodies.

From there, the tracks explore further out toward other planets and stars.

This interplanetary concept was even embodied in the mix. Palmer and album producer Bob Hoag tried to set each song's musical landscape in

the right orbit. The bigger planets like Jupiter and Saturn have huge drums, higher gravity.

"As the songs get closer to the sun, it needs to be warmer," Palmer explained. "As we go farther away, it needs to sound colder."

The middle of the record contains a number of extended ambient interludes that Palmer recorded at home, some containing sound experiments like using toy walkie-talkies to create muffled feedback and faraway sounds, the sonics of space travel.

One such track, "Solar Theta Soundscape", is a 13-minute transmission of relaxing binaural beats. These waves are made in a process that involves putting two different frequencies into the left and right channels, tricking the listener's brain into moving to a theta brain-wave state.

Though most binaural beats are used to assist with meditation and can be hours long, Future Loves Past kept theirs at a brisk 13 minutes.

— Continued on facing page

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“You can put on headphones and zone out on it,” Palmer said.

Though the music is ambitious enough, Palmer also designs all the band’s album art, going even further to fulfill his wide-eyed vision.

“I want to create a whole imaginary world to go into,” he said. “Our first record is pointing you there, but this next one is how it’s going to be for Future Love Past, all-encompassing

concepts.”

April is “Made in Tempe” Rock Month. Future Loves Past represents an up-and-coming Tempe band with the sound of soul meeting ‘70s rock. Their sound borrows from all genres and blends them together in a way that’s easy to relate to and digest. Performance at 7 p.m. Saturday, April 26. Free admission. 480-350-4311.

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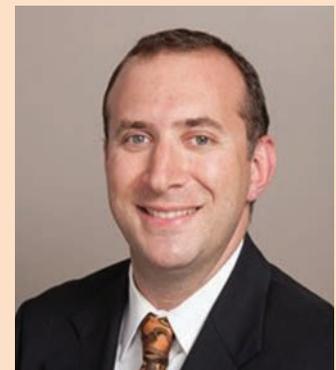
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Dr. Karlovsky has published peer review articles and book chapters in his subspecialty, authored a book entitled Female Urinary Incontinence, and speaks to physician and lay groups on many urological subjects including mesh complications.

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Kids partner to aid homeless, helpless pets

Story by Chelsea Martin / Photos by Billy Hardiman

In order to pursue a better tomorrow in our communities, educators say, there must be increased focus on educating the eager, resilient children of today.

That's the philosophy of Scales Technology Academy, which is partnering with a new community-based program of graduate students at ASU aimed at just that goal.

A group of six fifth graders in an English learners and special education class under the guidance of two ASU graduate students, Mollie Flanagan and Haley Honneman, have come together to solve a serious problem they struggle with in their community: hungry, homeless dogs and cats. In order to resolve the problem, the kids decided to host a food, toy and litter drive at their school. Proceeds will benefit the food pantry of Lost Our Home Pet Foundation.

"The kids identified a local nearby organization that would benefit from their project, and Lost Our Home fit perfectly," Flanagan said.

"It's a pretty unique operation. It's not only a shelter but it specializes in pets that have been left behind in foreclosures (and other economic hardships). They have a generous food pantry to assist animal owners who are struggling to afford expensive pet food and other supplies."

The kids are invested in helping their community, Flanagan says. What's more, it's quite inspiring.

Flanagan and Honneman are able to meet with the group only once a week, on Wednesdays, for an hour. Time is of the essence, and the kids work hard to use it efficiently.

"They are a pretty awesome bunch," Flanagan said. "We have been guiding them along, but this is really their project."

The fifth grade members include Syeda Akter, Marvin Celis Munoz, Maryna Delgado, Mormon Dickson, Giselle Galvan and Aliyis Warren.

Flanagan explained:

"The whole idea of this project is to help kids realize they have the power and the voice to create positive change in their neighborhood.

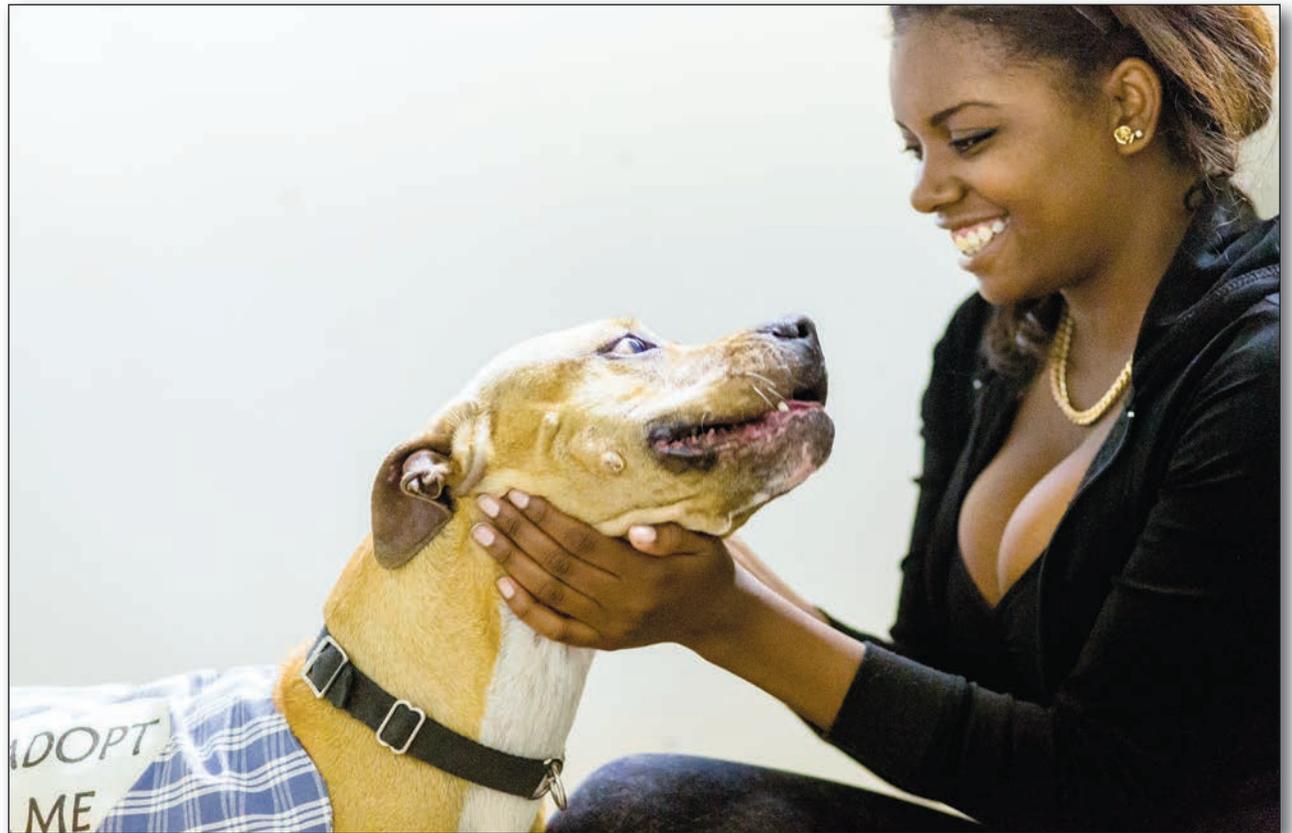
"The best part about this is watching the kids realize they are actually doing something and making a difference," Flanagan said.

Targets were set before the initiative was launched.

"Their initial goal was to raise 25 pounds. It was sad. We encouraged the kids to dream bigger and they decided on 100 pounds. None of them thought they would meet their goal, yet they exceeded it on April 2. It has been an amazing process."

While others helped support the project, the students are especially passionate about helping out the animals, according to Flanagan.

Said Ethan Matus, one of the fifth graders:



'We're not just fifth graders — we're human beings.'

— Student Giselle Galvan



"We wanted to work on raising food for animals because the homeless dogs looked sad and alone with no owners."

Another student, Giselle Galvan, expressed her belief in the capabilities of her fellow classmates to help their community despite their youth.

"We're not just fifth graders—we're human beings."

Food, cat litter or pet toys donations are accepted at Scales Technology Academy, 1115 W. Fifth St., via a donation box in the front office.

Additionally, Lost Our Home Foundation, 323 S. Hardy Drive, is always seeking donations.

Information: Scales Technology Academy, 480-929-9909 or Lost Our Home Pet Foundation, 602-445-7387.

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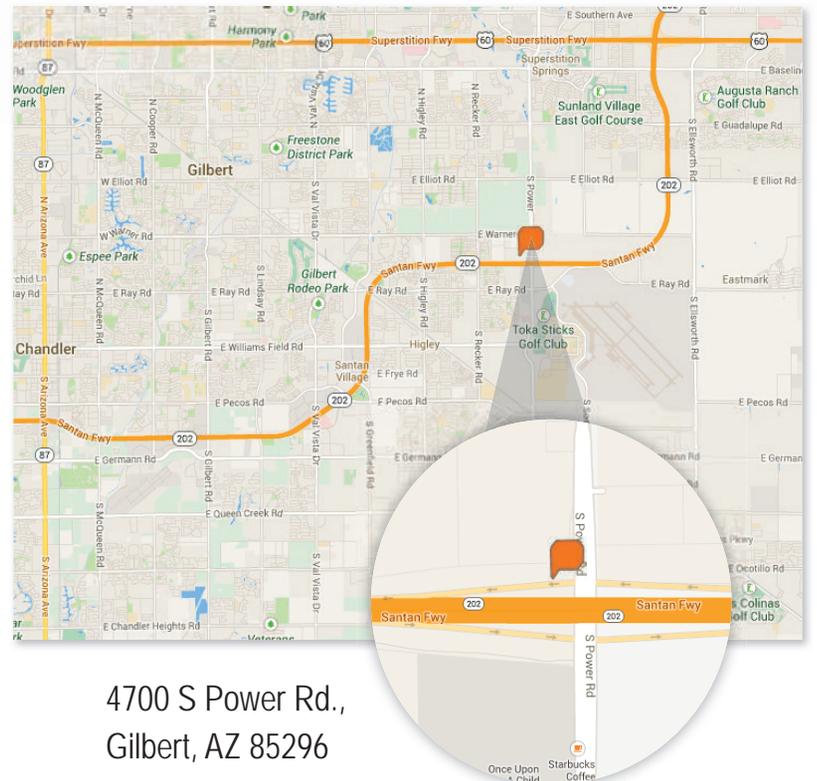
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Sports Notebook . . . with Alex Zener

Coach Evans: Aztec volleyball making major strides after a year of impressive rebuilding



Corona volleyball team has faced a rebuilding challenge this year, with solid experience so far boosting their hopes for a winning season.

— Wrangler News photo by Billy Hardiman

Halfway through the season, the Aztec volleyball team's nine returning and four new players are determined to prove that after a transformational season last year they are not the same 12-21 team that fell short in their pursuit of a state tournament win.

"We have learned a lot in the first half of (this year's)

a set, hitting .248.

"Braedon, another captain, is our returning middle blocker," said Evans. "I count on him to take control at the net and lead our younger players because of his

season and are currently 8-2," said coach **Brynne Evans**. "This group of players wants to prove something after a rebuilding year last year. They are working hard to do that and they are finding more confidence in each win."

Evans has been relying on the leadership and skill of three seniors to lead the way for her team this season: **Matthew Lake, Braedon O'Meara and Michael Rivera**.

"We have found strength in the leadership of Matt Lake, our opposite hitter and co-captain," said Evans. "I knew before the season started that other teams would view him as a threat. To our team he is a player we can rely on to be a game changer when we need it."

Lake has definitely lived up to expectations, leading the team in kills with 53 in 22 sets or over 2.4 kills

— NOTEBOOK, Page 18



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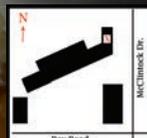
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Notebook

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experience.”

Evans also returns Rivera, an opposite hitter turned middle blocker during the club season.

“Michael is doing some wonderful things as a middle blocker this season, plus he is someone I can count on to be a leader for our young team. He is very vocal and competitive,” said Evans.

Also returning and making a difference is sophomore outside hitter **Jeffrey McCain**. McCain is second on the team in kills, behind only Lake, with 35 in the 21 sets he has played. What’s most impressive is his solo blocking ability. He has 17 solo blocks and 20 total blocks, or close to three blocks a match.

Two young varsity players have taken on big roles that have had a positive impact on the success of this season’s team as well.

Sophomore **Ryan Iskandar** has embraced the job of setter and quarterback on the court and has been very successful. He tallied 77 assists in 15 sets or over five assists a set, committing only four ball handling errors.

“Ryan, who has great work ethic and court sense, played with the team a bit last year,” said Evans. “I’ve enjoyed watching him develop a relationship with and take the responsibility of setting our hitters on this season’s team, as well as maturing as a player.”

The team has another sophomore, **Antonio Guarino**, who has a major role in the Aztecs’ success or failure on the court. Guarino, as the libero or defensive specialist, has had a splendid season so far playing in all 25 sets, recording 97 digs, almost four a set, and close to 14 a match.

“Antonio is a good communicator and defender in the back row for us. Even though he appears to be on the floor more than on his feet, he is a very hard worker and has improved steadily this season,” said Evans. “He is our strongest in serve receive.”

Guarino has received the serve 110 times so far this season or almost 16 times a match with only 9 errors.

Antonio has help from two other defensive-minded returning players, Juniors **Ridge Vanderbur** and **Chris Baker**.

“Chris is our best at covering and getting touches,” said Evans, “while Ridge puts up a good playable ball on a dig.”

Three other returning players from last season’s team contributing to the team’s overall success on and off the court are juniors **Trystin Nelson**, **Aiden Swansiger** and **Devon Nelson**.

Two juniors new to the team had limited volleyball experience before the season began. “**Alex Cox** was raw at the beginning of the season but took naturally to the middle blocker position with huge potential for improvement throughout the season,” said Evans. “After the club season he looked like a different player and is busy learning all the intricacies of his position.

I expect him to be one of our strongest blockers by the end of the season.”

Junior outside hitter **Russell Johns** has made quite the impression on his new teammates.

“Russell was voted in as a captain this season even though he was new to the team,” said Evans. “He is that kind of person and player—one who wants to be the best, works hard and has taken naturally to volleyball. He should have a bright volleyball future.”

So far the Aztecs have relied on their relentless pursuit to learn and improve. Their consistent energy and positive attitudes have helped defeat a high percentage of the teams they have faced, including most recently Mesquite 3-0 on April 1 and Horizon Honors 3-0 on April 8. They are even learning to find the positive aspects to take away from defeat.

“Taking a set off of Gilbert and Mesa were both recent highlights to the season,” said Evans. “Every win gives us more confidence. The boys are ready for more, which is good because we have a tough second half of our season ahead of us.”

The Aztecs were scheduled to play at Dobson April 15 and at home against Chandler April 17. Up next they will play Hamilton at home April 22; at Desert Vista April 24; and at home against Mesa Mountain View April 29 before playing at Mountain Pointe on May 1.

Marcos de Niza baseball — The Padres, with 13 seniors out of the 19 players on the roster, have an experienced team

that has amassed a 12-9 overall record as of April 14 and is 10-3 in its Division II Section 4.

Leading the team in several statistical categories is senior **Kreston Woods**, who could probably play any position on the team but currently plays catcher and pitcher. Woods has a .441 batting average, 20 runs, 30 hits and 12 RBI; he also has stolen all 11 of the bases he has attempted.

Woods not only is good at stealing bases but he is good at stopping opponents from stealing bases. He has only allowed five stolen bases while putting out 74% or 14 out of the 19 base runners who have tried to steal a base while he was playing catcher.

Woods, as one of the pitchers for Marcos, has an ERA of 7.45 after starting in three games pitching over 10 innings.

He is joined in the starting lineup most of time by fellow seniors **Austin Sigrist**, **Craig Knoche**, **Spencer Jarvis**, **Jacob Mori**, **Ryan Becerra**, **Jordan Goolsby** and **Jared Towns**.

Sigrist, Goolsby and Knoche, have major roles on the pitching staff. Sigrist, has over eight appearances and an ERA of 4.10. He has a batting average of .316 with 13 RBI in the first 20 games. Knoche has started six games and is credited with winning four of those while Goolsby has made eight appearances or 28 innings on the mound, four of them he is credited with winning.

Shortstop Jarvis leads the team in stolen bases at six for six attempts. Playing first base, Mori leads the team in RBI’s with 17 while batting .440 with two homeruns.

— NOTEBOOK, Page 19



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Notebook

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Becerra, at second base, and Goolsby and junior **Matt Langmack** alternating third base, round out the Padres' infield.



Langmack not only bats .339 with 21 runs to his credit, he has also had seven appearance on the mound as pitcher with one win and one save in 11 innings.

Rounding out the pitching staff is freshman **Jacob Denham**, who has pitched over eight innings and earned a 3.23 ERA.

Marcos de Niza's Jacob Nori tags a runner as the Padres generated a 12-9 overall record and held on to its 10-3 spot in Division II rankings as of April 14.

— Wrangler News photos by Billy Hardiman

Playing in the outfield for the Padres are Towns and fellow seniors **Rueben Bilducia, Luis Zepeda, James Farmer** and **Mike Yates**; junior **Ben Birk**; and sophomore **Christian Johnson**.

Senior **Alex Figueroa** and junior **Laurence (Sonny) Manuelito** are the team's utility players, while senior **Jalen Verdugo** steps in as shortstop and pitcher when needed.

The Padres were scheduled to play Queen Creek at home April 15 before playing at Williams Field on April 22. Up next are two away games, Casa Grande April 25 and Arcadia April 29, before finishing their regular season at home against Bradshaw Mountain April 30.

Corona track and field — Corona's boys track team is on a roll, winning every scored track meet they have entered in Arizona, including the most recent Basha Co-Ed Relays held March 28 with 15 teams participating.

Highlights included a first place finish for **Tevin Mayfield** in the 110 meter hurdles, **Nathan Rodriguez** in the 800 meter run, **Matt Eckles** in the pole vault and **Thomas Turley** in the shot put. Corona's 4x400 meter and distance medley relay teams both won first place.

Other top finishes included Mayfield's third in the 100 meter dash; **Ryan Normand's** second; and **Andrew Truswell's** third place finish in the 1,600 meter run; **Nick Creasman's** second place in the 800 meter run; **Akash Patel's** third in the discus; **Sam Shoultz's** second and **Colin Freeland's** fourth in the high jump;

Brian Skinner's second in the long jump; and **Dakota Summers's** third and **George Wright's** fourth in the triple jump.



Brian Skinner

Not to be outdone, the girls team took home first place as well, with several top finishes.

Jackie Martin started it off with a first in the 100 meter dash while **Iffeatu Samuel** was second in the 100 meter hurdles. **Kelly Naumann** followed with a second and **Sammie Moore** a sixth in the 1,600 meter run. **Renee Clary** was third in the 800 meter run.

Corona's distance medley relay, 4x800, 4x400 and 4x100 meter relay teams all finished in third place.

Both teams have three more meets to qualify individuals for the state track meet to be held May 7. The Mt. Sac Invitational is April 18-19; the Varsity City Meet at Desert Vista April 26; and the Last Chance meet April 30.

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Diversions . . .

With M.V. Moorhead

Iconic 'Bears' keeps viewers in suspense over cubs' fate

Now playing in area theaters:

Bears — For parents, *Bears* may be the most suspenseful movie of the year.

The Disney nature documentary follows a mother grizzly bear and her two cubs as they come out of hibernation and cross a vast expanse of the Katmai National Park in southern Alaska, heading for the salmon runs.

Mom must not only keep her babies alive, but gorge herself on the fish sufficiently that her milk doesn't run out in the middle of next winter's snooze.

Like 2012's *Chimpanzee*, this film has the feel of an old-school Disney nature movie, with folksy, jocular narration. In *Chimpanzee* this was provided by Tim Allen; in *Bears* it's John C. Reilly, who mentions, near the beginning, that almost half of all bears don't survive cubhood. And herein, of course, lies the parental suspense.

I watched this movie with my kid next to me. I was pretty sure that Disney wouldn't have released it if neither cub had survived, but I was on the edge of my seat because I thought it was just possible, especially after the 50/50 chance noted in the narration, that they'd let kids and their folks tough it

out through the loss of one. Don't read any further if you don't want to know what happens.

OK, now I presume I'm only writing to cowardly parents who want to keep their kids comfortably sheltered from the grim realities of life. Nice to be among kindred spirits.

And to you I say: *Bears* is safe. It's touch and go at times—the male cub keeps landing in peril—but at least for this season, cubs and Mom all make it.

It's hard to know to what extent this footage had to be finessed in the editing to build a narrative. But, as with *Chimpanzee*, no amount of Disney corniness can obscure how astonishing are the scenes that the directors, Alastair Fothergill and Keith Scholey, and their crew have captured here.

Grizzlies snagging fish in mid-leap, male bears roaring and grappling, predators stalking, cubs romping—these are iconic nature-film tropes, and it's possible that they've never been done better than in *Bears*, all to the accompaniment of a stirring score by George Fenton.

Be forewarned, however: The movie may leave you with a craving for salmon. On the other hand, it may put you off salmon for good.

Joe — Nicolas Cage plays the title character in this adaptation of Mississippi author Larry Brown's 1991 novel.

He's a Joe of the working-class variety, who spends his days leading a timber crew in the miserable and probably toxic work of killing junk trees by chopping into them with a poison-squirting hatchet.

He's a shaky alcoholic and a brawler, with



enemies and a stint in prison in his past, but we're also meant to see that Joe is a hard-working, honest man, liked and respected by those who know him. He gives a job to a homeless teenager (Tye Sheridan) who squats in a nearby abandoned house with his family.

Wreck though Joe is, he quickly proves a vastly better father figure to this kid than his actual father, a tyrannical, dangerously abusive drunk played by Gary Poulter, a homeless guy in real life who died in the streets of Austin, Texas, still homeless, shortly after Joe wrapped.

Directed by David Gordon Green, *Joe* is a Southern-fried, lower-depths melodrama in the vein of *Sling Blade* and *Mud*. It's more ferociously violent than either of those films—be forewarned, it includes animal violence—but it has the same agreeable streak of sentimentality, and it has terrific performances, especially by the bleak-eyed Cage.

After many tours of movie-star duty at the center of big-budget idiocies, you can almost feel Cage's pleasure in creating a character again.

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Local Lunch Club

Wrangler News will partner with Jim Davis of Bobbie's Flowers to help promote local, independent restaurants in Tempe and Chandler at 11 a.m. Tuesday, April 29.

The session will be held at Duke's Tavern, 4910 W. Ray Road, Chandler.

The sponsoring Local Lunch Club, which has hosted meetings since 2009, is designed as a networking event where local business people can meet and greet, enjoy local fare and find new places to bring clients, prospects and vendors.

For details, visit www.LocalLunchClub.com.

Watch for upcoming events in future issues of Wrangler News.



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Moon struck

Wrangler News photographer Billy Hardiman, whose previous foray into celestial photography focused on last summer's Perseus meteor shower, ventured forth once again for the recent midnight showing of a spectacular Blood Moon, so named because of its blood-red hue.

If you missed it, not to worry: the same meteorologic phenomenon will be visible again on Oct. 8 and twice more next year. The reddish tint is a result of refraction caused by the Earth's atmosphere. The photo was taken using a 600 mm lens with a 1-second exposure at f/6.3 and ISO 4000.

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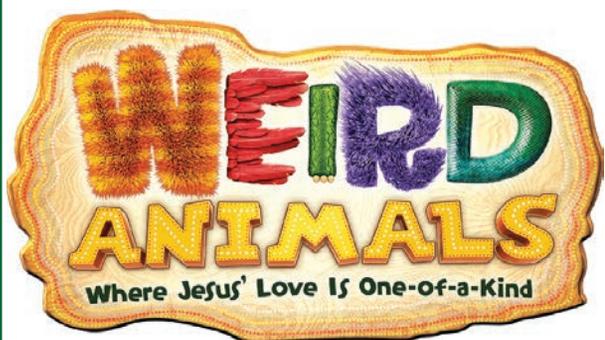
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Corona del Sol High School science teacher Steve Morgan has been named teacher of the month by the Kyrene Corridor Rotary Club. Morgan, along with CdS security officer Cal Kaluzney, were honored at a recent Rotary Club meeting, presided over by youth program chair Machel Considine. The group meets at noon Mondays at Kobe Steakhouse, Elliot and Hardy, Tempe.

— Photo courtesy Rotary Club of Kyrene Corridor Rotary Club



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Author Bommersbach retells tale of '30s trunk murderess

By M.V. Moorhead

“She was a little old lady who was short...she had a dowager hump... She had had her hair done that day. She had a little puppy dog. I thought, this isn't Winnie Ruth Judd.”

Thus does Jana Bommersbach describe her first meeting with the infamous “Trunk Murderess” in the early '90s.

It was indeed Judd, then in her 80s and living in California after decades of incarceration in Arizona, and seven varyingly successful escapes from the state hospital.

“The whole first day she didn't say anything about the [“Trunk Murder”] case,” recalls Bommersbach.

“We went shopping, we had dinner, and that evening we were watching Wheel of Fortune.

“And she said, ‘They never could understand how I could escape all those times.’ And I about levitated off the couch.

“I said, ‘Noooo, nobody understands that,’ and she said, ‘I had the key to the front door.’ And then she said, ‘I still have it!’...That's when I knew I had a scoop.”

Bommersbach, who spoke at Tempe Public Library about her work on the Judd case, had landed an interview with Judd through her friend Larry Debus, the lawyer who had helped Judd finally attain her freedom legally.

The result of Bommerbach's interview sessions were two lengthy stories in the New Times, where Bommersbach was then employed, and eventually a book, *The Trunk Murderess: Winnie Ruth Judd*, published in 1992 by Simon & Schuster and later republished by Poisoned Pen Press.

Judd was accused of fatally shooting her friends Hedvig Samuelson and Agnes Anne LeRoi in October 1931 in a fight, allegedly over a Phoenix businessman named Jack Halloran whom all three were romantically interested in.

Judd was then said to have stuffed the bodies into luggage and taken them, by train, to Los Angeles, having dismembered Samuelson's body so that it would fit into a trunk. A Railway Express station agent in L.A. noticed a bad smell coming from Judd's luggage.

Judd was convicted of murdering LeRoi in February of 1932 and sentenced to be hanged. Her death sentence was reversed in 1933 and

‘Winnie was a wonderful person...The only thing I knew about the murders was what I read in my mother's detective magazines. But as a person, just know she was sweet.’

she was sent to the state hospital at 24th Street and Van Buren, where she remained until 1971, not counting her time away on some half-dozen escapes—one lasting several years—during which time she worked as a live-in domestic for a family in California.

“He said she didn't murder anybody, and she didn't cut anybody up,” says Bommersbach of her lawyer friend Debus. After researching the crime, Bommersbach came to believe that he was right.

She and Judd eventually grew into close friends. She says that the case taught her a lot about the nature of justice in Arizona, and about the place of women in society—she notes the case of a man, convicted of the first-degree murder of his wife the same night as the Trunk Murders, who served just twenty-four months in prison for his crime.

Bommersbach says that from the start of her investigation she was surprised at the level of sympathetic fondness for Judd and skepticism about her guilt that she encountered.

At the end of her Tempe Public Library presentation, she was able to present an unusual example of this:

She noticed a woman in the audience who had been a nurse at the State Hospital, and who claims that Winnie Ruth Judd saved her from being beaten by two violent inmates who were laying in wait for her.

At Bommersbach's request, the lady stood up and told how the inmates backed down when Judd confronted them, because, she said, “They were terrified of this woman. The inmates were all so scared of her.”

The nurse did not share the inmates' view, however.

“Winnie was a wonderful person,” she recalled. “The only thing I knew about the murders was what I read in my mother's detective magazines.

“But as a person, just know she was sweet.”

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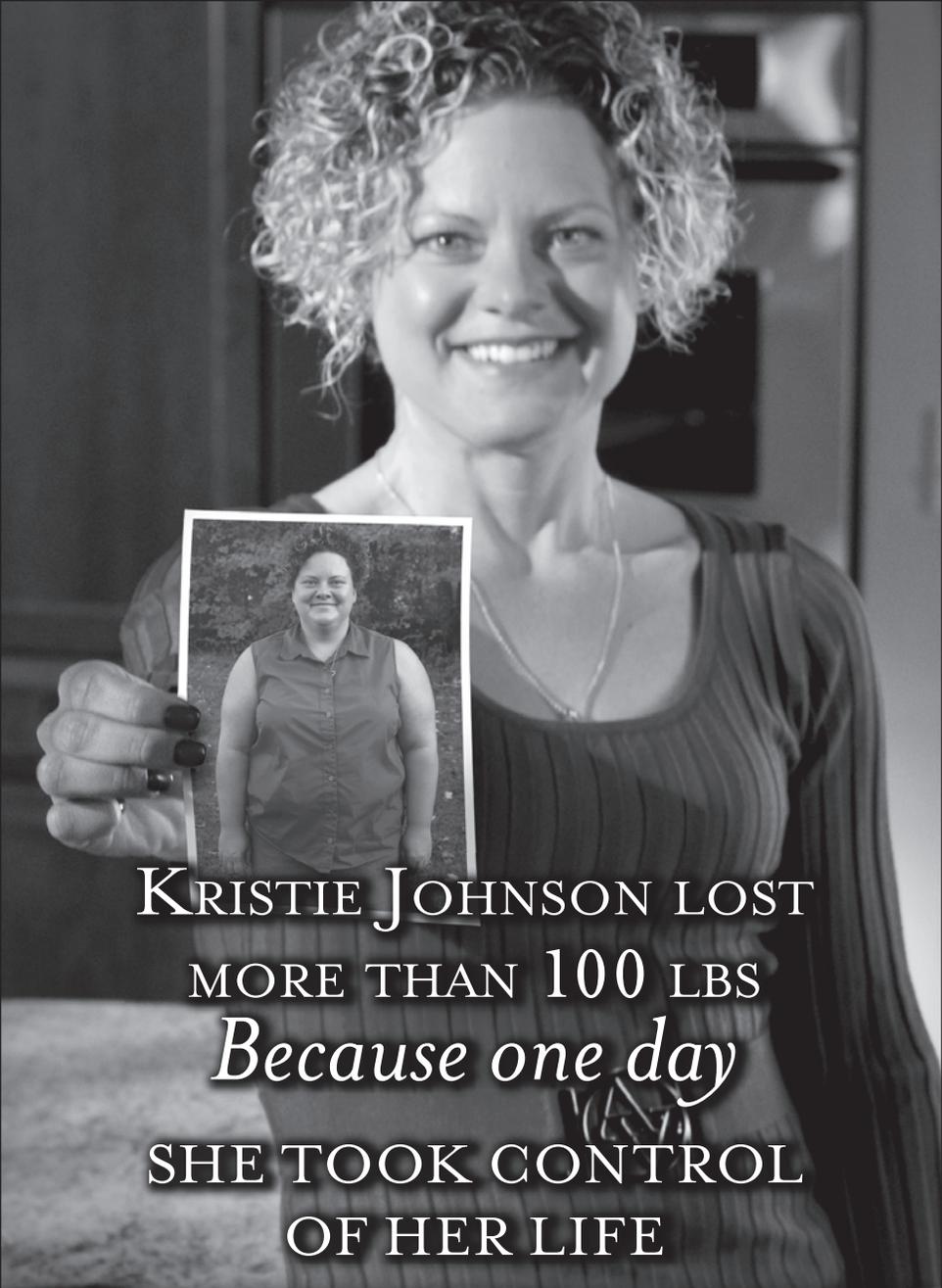
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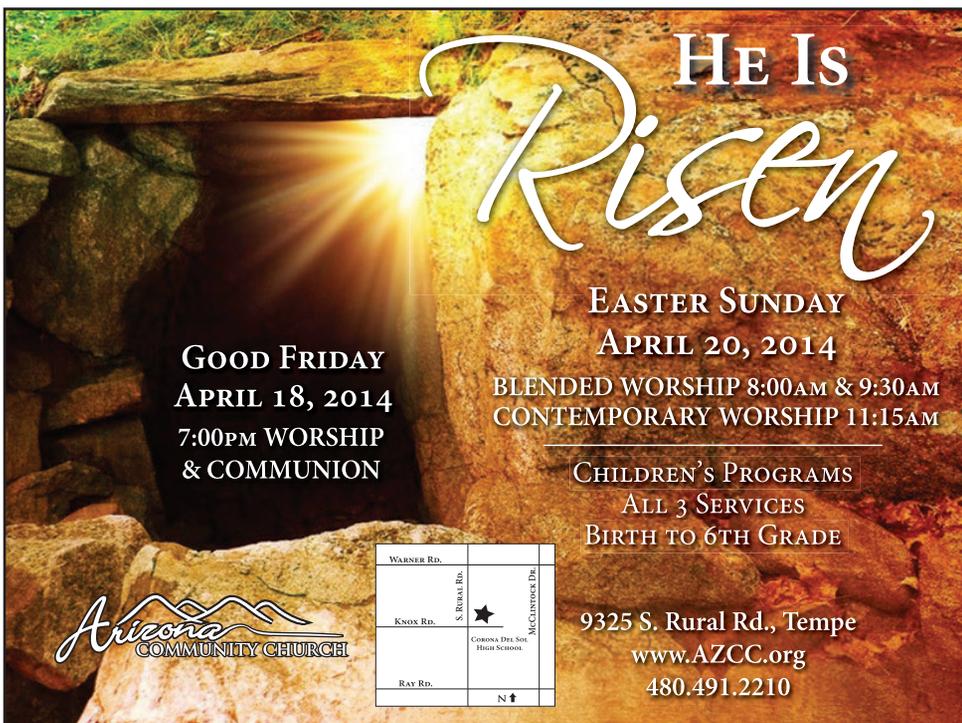
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For those with time to share, experience does matter

Does experience matter? It should. Just ask south Tempe resident Susan Andersen.

After leaving the workforce to help her son complete online high school, Andersen says she quickly realized that contributing to an employer or the community was too much a part of her basic nature to ignore.

She contacted Experience Matters, an area nonprofit that connects the skills and talents of experienced adults with the diverse needs of nonprofit organizations.

Experience Matters recognizes the value of years of experience and finds short-term projects or positions that use that knowledge.

For nonprofits who align themselves with the group's efforts, the benefits can be multifold, says Andersen. Opportunities include:

Member Connect workshops – resource-building sessions that help participants expand on ideas and practices learned at the Learning Lab Workshop, while providing networking opportunities among nonprofit peers;

Encore Fellow program – nonprofits can serve as host organizations for an Encore Fellow—a trained and seasoned executive matched to a specific strategic project within participating organizations, spending a full year at half-time working on a specially developed initiative. In this particular program, the participating nonprofit pays a stipend to the selected individual; and

Service-by-Design program – Experience Matters identifies and matches

people with social-purpose projects. The program engages professionals (pro-bono) to help enhance the quality of services the participating agency provides, acquire resources and increase community relationships.

For individuals who have time to contribute to organizations doing good things for their communities, substantial benefits also accrue, allowing participating individuals to:

- Make connections with nonprofit organizations that match the individual's skills, aspirations and availability;

- Take advantage of training, coaching and education tailor-made to fit the 50-plus generation—and personalized with action plans and attainable goals; and

- Engage in work that matters – for individuals who have spent a career integrating life experiences, skills, and leadership talents, Experience Matters provides a venue to pay it forward.

As to what happens after her current Experience Matters assignment ends, Andersen says she is now working with the Musical Instrument Museum coordinating volunteers for an inaugural MIM Fest, the museum's first two-day music festival scheduled Oct. 18-19.

"The work is fulfilling for me personally and professionally, and I am so happy knowing that I'm benefiting the community I live in with what I'm doing every day," said Andersen.

Information: www.experiencemattersaz.org.



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Presented by: 

Winning her battle against obesity offers a bright future

With more than 25 percent of Arizonans suffering from obesity, one Tempe woman felt herself falling victim to the epidemic.

Zalma Aguirre says she knew that her self-proclaimed “laziness and fear” had overcome her willpower to lead a healthy lifestyle.

Aguirre had suffered from obesity throughout her entire life – struggling to run half a mile or climb stairs without being short of breath.

She said she realized that she hit rock bottom after being called “the fat girl” – by a 9-year-old.

Knowing that she had to make a drastic change in her life, Aguirre says she sought the help of a Tempe fitness studio, Orangetheory.

“I wanted to change my life around and prove I could do what I set my mind to,” Aguirre said. “I wanted to own my body.”

From Jan. 17 to Feb. 28, Aguirre says she was challenged by her Orangetheory trainers to push her body and compete in the studio’s weight loss challenge.

It didn’t take long for her to be shocked by her progress: Aguirre lost 46.3 pounds in six weeks—and won the weight loss challenge.

Said Darien Mathews, studio manager and personal trainer at Orangetheory Fitness Tempe:

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Orangetheory is a one-of-a-kind, group personal training workout broken into intervals of cardiovascular and strength training, according to Mathews.

Orangetheory’s monitored training is designed to keep heart rates in a target zone that stimulates metabolism and increases energy, he noted.

Led by personal trainers, participants use a variety of equipment including treadmills, rowing machines, TRX suspension training and free weights, burning an average of 500-1,000 calories per session.

Since getting in shape, Aguirre says she is “happier and stronger” than ever. With her sights set on a more positive future, Aguirre says she now believes in herself.

“I proved to myself that I can do anything.” *Information: www.orangetheoryfitness.com.*

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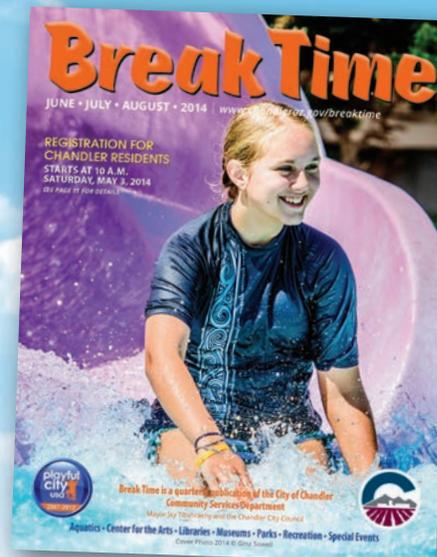
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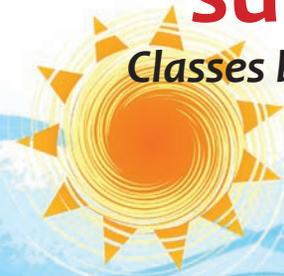
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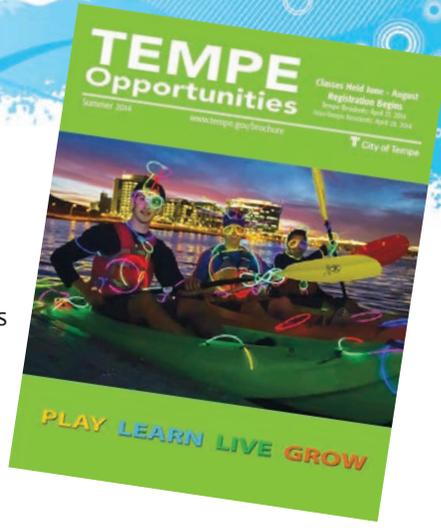
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The Last Word

Parents' help needed more than ever

By Leslie Bloom & Dr. Dale Guthrie

With marijuana all over the news these days, you might be asking yourself, is marijuana *really* dangerous?

We understand that it is difficult to understand just how dangerous it is, as is the impact that marijuana use has on our children and society.

It is up to us as parents, grandparents, family and community members to make sure we become educated on the facts to make well-informed decisions.

For instance, did you know that our children actually learn about drugs at a very young age?

In Arizona, the average age of first-time drug use is 13-years-old, which means our children are experimenting with substances such as alcohol, tobacco, prescription medicines and marijuana as early as seventh grade.

Children's brains and bodies are still developing until

the age of 25 and researchers know that a developing brain does not have the capacity for good judgment and decision-making.

A child's developing brain also makes them more susceptible to habit-forming substances like drugs and alcohol. In fact, 90 percent of drug addictions start in the teen years.

Scientists at the National Institute on Drug Abuse report that teens that regularly use marijuana are harming their brain.

Teens lost an average of eight points in IQ between the age of 13 and the age of 38. Importantly, the lost cognitive abilities were not fully restored in those who quit smoking marijuana as adults.

FACT: Marijuana is addictive. Seventeen percent of young users will become addicted and this number increases among those who use daily.

FACT: THC, the mind-altering chemical found in marijuana, has increased over the past few decades averaging 15 percent, compared to 4 percent in the 1980s.

FACT: Researchers report high doses of marijuana cause psychosis or panic. Heart-rate rises after smoking, and studies link chronic marijuana use with mental illness.

Marijuana impairs driving and is one of the most common illegal drugs involved in auto fatalities. The National Highway Traffic Safety Administration found that in one in eight weekends, nighttime drivers tested positive for illicit drugs.

Decades of research from the University of Michigan point to two key attitudes that determine whether a child will try drugs. One attitude is perception of risk. How risky is the drug? Is it dangerous? The other attitude is social disapproval. Does society approve or disapprove? Society is now sending an "approval" message that marijuana is

medicine, although not currently approved by the FDA.

The impact on our kids?

Arizona's youth anti-marijuana attitudes are weakening for the first time in many years, according to the latest Arizona Youth Survey.

The studies show that weak attitudes correlate to an increase in marijuana use.

With the availability and accessibility of marijuana, there are now just as many youthful marijuana users in Arizona as there are youthful cigarette users.

This is alarming.

In addition, the 2012 Arizona Youth Survey found that 11.6 percent of Arizona teens have obtained marijuana from a medical marijuana cardholder.

Kids who hear from their parents about the risks of drugs are up to 50 percent less likely to use them.

Yet only about one-third of parents are having these discussions.

Parents, grandparents and all caregivers of children and teens, we need your help more than ever.

Prevention strategies have evolved over the years to where you, the parent, play a vital role in drug and alcohol prevention.

Parents, please talk with your children about the dangers of marijuana and other drugs. We know marijuana is harmful. Scientists say it is addictive. We can help begin this important discussion.

We must work together to reverse the unacceptable trend of increasing youth marijuana use in order to raise a healthy and productive generation of young people.

For more information visit DrugFreeAz.org.

Leslie Bloom is CEO of DrugFreeAz.org. Dr. Dale

Guthrie is president of the Arizona chapter of the American Academy of Pediatrics

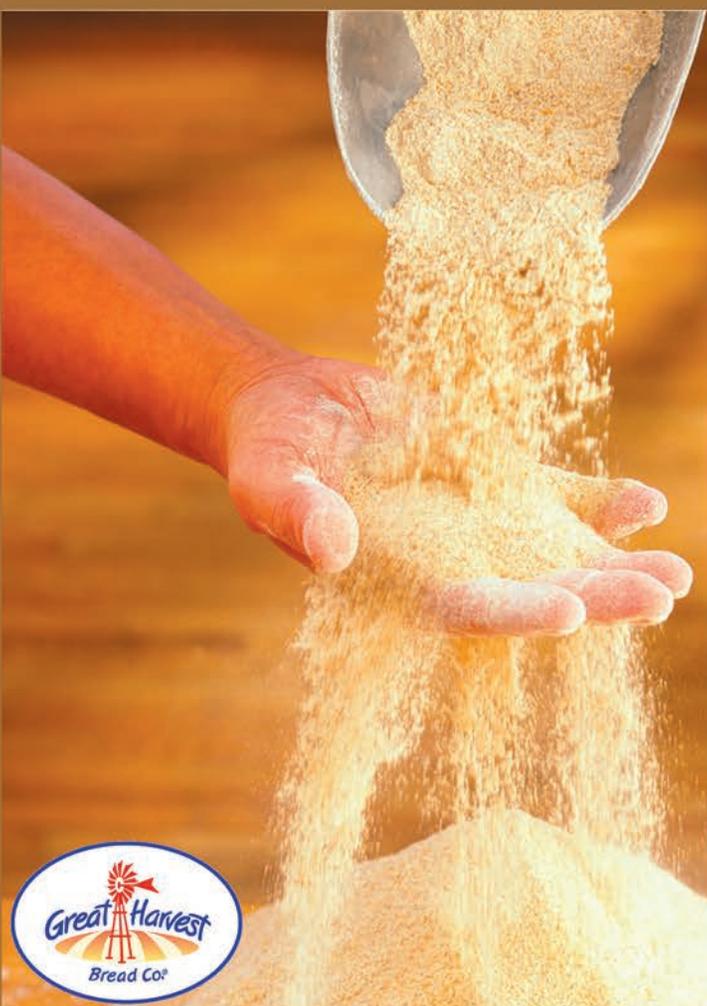
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Gorgeous 6-bedroom, 6-bath custom home with basement in Tempe's desirable Circle G Ranch. Step into elegance! Pecan wood floors, cedar doors, gourmet kitchen with large granite island and breakfast bar. Split master bedroom with sitting area. Outside is an oasis with waterfall and play pool, spa, misting system, kiva fireplace, and built-in BBQ. Insulated RV garage stores all your toys.

Fun Year 'Round!

Pristine 4-bedroom, 3-bath home in the coveted Pecan Grove Estates! Vaulted ceilings and updated flooring. Eat-in kitchen with island connects to formal dining room for parties and guests. Full finished basement features family entertainment room. Play pool with waterfall and fire pit provides fun year-round. Custom built-in shelves and desk in office. Near great schools!



Warner Estates Beauty



This house has everything! Palatial 6-bedroom, 7-bathroom custom estate on a lush lot. Upscale gourmet kitchen with granite island, stainless steel appliances, Sub-Zero, dual convection ovens, wine chiller, compactor, microwave drawer. Great Room has beamed ceilings and wood floor. Cozy master with stacked stone fireplace. All secondary bedrooms with in-suite or adjoining baths. Spacious formal dining room. Massive guest suite. Game room with wet bar. Basement has tons of storage including cedar lined closet. Gated Pool & Spa with Ramada.

Warner Ranch on the Green Belt

Incredible spacious, private lot, right next to the green belt. Beautiful soaring ceilings with plantation shutters throughout. 5-bedroom, 3-bath home with fresh paint, upgraded flooring, updated kitchen has granite countertops and stainless steel appliances. Speakers in family room and master bedroom. Workshop, Epoxy flooring and built-in cabinets in 3-car garage. Laundry room is complete with lots of extra cabinets and a sink. Spacious, backyard with pool and covered patio. 2927 Sq. Ft.



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Don't miss this 3-bedroom, 2.5-bathroom condo in south Tempe. Freshly painted with neutral tones, wood blinds, ceiling fans, plant shelves and beautiful architectural details throughout. Large master with view of the sparkling community pool, walk-in closet with mirrored doors. New plumbing fixtures in all baths. Secondary bedrooms feature Jack and Jill bath with double sink.

Country Living in the City

Acre horse property in south Tempe. Nestled on a county island. This unique property feels like the country with the convenience of the city. 3377 square foot home with mosaic tile entry way, wood floors, great room floorplan with brick fireplace, upgraded kitchen with tons of cabinet space, granite bar, 3 spacious bedrooms and 3 updated baths, office, huge game room and walk-out deck. Horse stalls with electric and water. Don't miss this one!



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