

Wrangler NEWS



August 11- 24, 2012

Vol. 23, No. 14

Making a big community a little bit smaller.

KYRENE SCHOOL DISTRICT #28



New Faces, X3

It was the first day of school for triplets Lily, Faye and Jack Nosbisch, and who better to welcome them than District Superintendent Dr. David Schauer. The kids, who attend Kyrene de los Niños Elementary, join 17,854 others district-wide (K-8), up 161 from starting day last year.

Wrangler News photo by Daniel Rasmussen

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MPG Est. (3)



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MPG Est. (3)



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MPG Est. (3)



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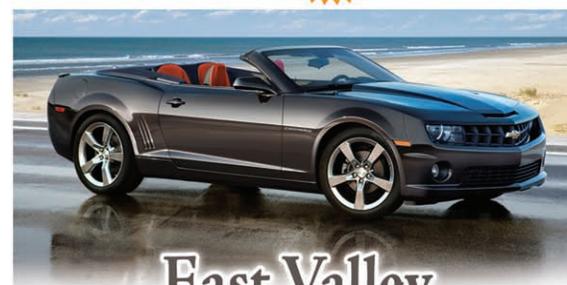
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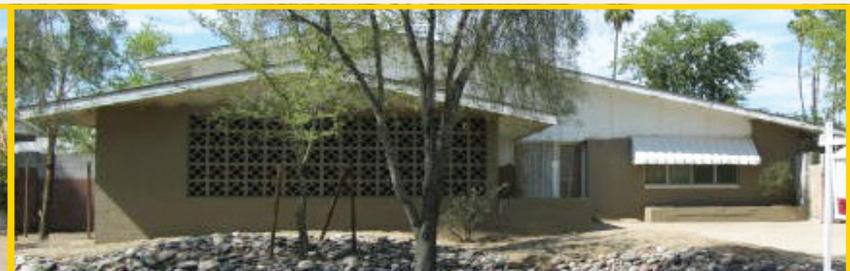
Gilbert - Ocotillo Grove Estates

6 Bedrooms / 4.5 Bath, 6,550 sf - Wow! What a setting! Great grove of mature pecan trees, quiet private area of high quality & dramatic custom homes. Fantastic basement home showcasing: media rm, game rm w/exercise area. Main floor great kitchen & breakfast area, step down family rm, den/office, formal dining rm & dramatic formal entry. Great master suite w/well-appointed master bath. Incredible covered patio w/custom fire table, patio from master too! Grassy yard, lots of mature trees, room for pool/spa. This home is well priced and buyer ready! Offered at \$700,000



Ahwatukee - Pointe South Mountain

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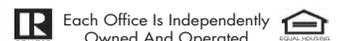
Tempe - Cavalier Campus

4 Bedrooms / 2.5 Bath, 2,100 sf - Superb Tempe location which is close to everything. Great opportunity to move in a remodeled home. Remodeling consist of: interior/exterior painted, new tile flrs in kitchen, dining rm, hallway & bathrms, new carpet in bedrms & living rm, re-tiling of both bathrm showers, new vanities, granite counters and new plastered pool. Offered at \$275,000



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'A' grade for 15 Kyrene schools

By Daniel Rasmussen

How Tempe high schools fared in the rankings, Pg. 11

Kyrene has been rated among the top districts in the state, according to the Arizona Department of Education's bi-annual Letter Grade Report.

In the report, each school in the state is awarded a grade ranging from "A" to "F". This year, Kyrene had 15 "A" schools, nine "B" schools and one "C" school.

The only school awarded a "C" grade, Kyrene de los Niños Elementary, still made large improvements over last year, according to Lorah Neville, the district's executive director for curriculum and learning services.

She said that Niños improved by 14 points and was only three points away from a "B" rating. Most other schools made only a one- or two-point improvement, she said.

"The staff at Niños has put in a lot of effort to improve their grade," Neville said.

She noted that staff have pursued professional development, updated their practices in reading and math, and extended learning opportunities, especially in after-school programs.

Other schools have put in an effort to improve their grades as well. Kyrene del Norte Elementary went from a "C" grade last year to an "A" this year.

"We are proud of all our schools," Neville said.

"The state keeps raising their standards, and we continue to raise the bar for our

students and our teachers."

A school's letter grade is created by compiling AIMS test scores year-to-year, assessing school growth, and rating growth of the lowest performing students at each school.

According to the Department of Education, the A-F Letter Grade System was "created to provide clear, easy-to-understand information to parents so that they could base their educational decisions on the best information available about the overall academic performance of schools and districts."

In past years, the letter-grade system has been so effective for Kyrene that many parents consider moving into the district so their children can benefit from proven educational excellence, say district officials.

Currently, approximately 20 percent of Kyrene's student population comes from open enrollment.

"We are glad that our letter grades draw families in, but we hope they stay with us because they are impressed with our schools," Neville said.

"The climate, culture and community we create from the front office to the classroom are really what make our schools a place to come and stay," Neville said.

For more information, and for a full list of school letter grades, visit the Arizona Department of Education website at www.azed.gov/research-evaluation/a-f-accountability.

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'Stop and Think' program is a brainchild of Tempe PD officer Susan Schoville.

A back-to-school drive aims at alcohol use by youth of all ages

Story & photo by Alison Stanton

This month, thousands of students throughout Tempe and west Chandler will go back to school — or already are in classrooms.

From kindergarteners in the Kyrene and Tempe Elementary districts to high schoolers and seasoned college students, August is an especially busy time of year.

The Tempe Police Department wants every one of these young people to be safe—not just this month, but during their entire educational career. That's why the department is setting its sights on an annual citywide effort and multimedia campaign called "Tempe Goes Back to School" that focuses on motoring safety and related topics.

Students of all ages as well as their parents can access tips and information on safety by visiting the Tempe Goes Back to School web page at www.Tempe.gov/BacktoSchool and clicking on "Student Safety."

This will bring site visitors to a list of resources, including a link to Tempe Police's Twitter Info and Alerts.

Molly Enright, community affairs specialist for the department, said officers are teaming up with such community partners as the Arizona Governor's Office of Highway Safety, Tempe Youth Alcohol Coalition, state Department of Liquor License and Control, local schools from kindergarten through college, social service agencies and regional law enforcement as part of the back to school safety program.

Kerby Rapp, a Tempe police lieutenant, said the department's goal is for Tempe-

area students to have a safe experience while they are in school.

"From the time they start pre-kindergarten until they earn their doctorate from ASU, we want them to be safe from the beginning of the school year right up to the end," he said.

"We want to try to touch base with every group, from parents to let them know where they should wait for their kids after school, right up to college kids who might be driving for the first time in the state of Arizona," he said.

"We are reaching out to our partners, from the Governor's Office of Highway Safety to state alcohol investigation, which has been a tremendous asset to us to ensure liquor establishments do not over serve."

"We just want to inundate students with information about safety."

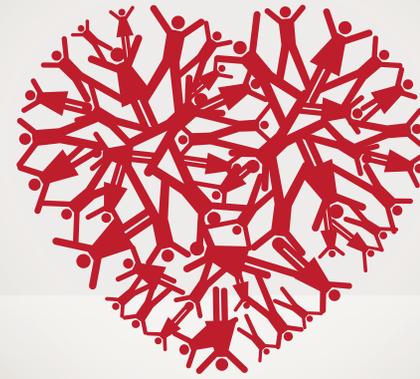
Susan Schoville, an officer with Tempe PD, said she is starting a new program as part of the safety campaign, tentatively titled Stop and Think, or SAT.

"We will be working mainly along Mill Avenue in Tempe, and we'll be targeting primarily young ladies and talking with them about how alcohol can influence their judgment and to remind them to make good decisions," she said.

Tempe Police Commander Kim Hale said the campaign involves getting as many people and organizations as possible "in lockstep with each other" and covering as many angles as possible related to student safety.

"The parents and teachers at the schools can all help reinforce what we are doing," he said.

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*Source: American Heart Association

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All-City Sports Notebook . . . with Alex Zener



Coach Keith Walton, Ethan Tursini, Matt Churchill, Brix Kronborg, Glenn Farina, Zach Walton, Coach Jim Martinez and Coach Richards at the ASICA National Wrestling tournament in Fargo, N.D.

— Photo courtesy Jim Martinez

Aztec wrestlers boast their first All-American

Corona's wrestling team had a busy summer, getting valuable experience by competing nationally with great success that included a history-setting finish for one Aztec athlete.

Ethan Tursini is the first Corona wrestler to earn All-American status by placing third at the ASICA Cadet National Freestyle tournament in Fargo, N.D., in mid-July.

Tursini competed in the Cadet 152-pound weight class against 66 other wrestlers, finishing with an 8-2 record. He also competed in the Greco-Roman competition at Fargo, defeating three opponents before losing his first match in the double elimination tournament. He finished with a 4-2 record.

Matt Churchill, Zach Walton, Brix Kronborg and Glenn Farina also competed at the tournament in Fargo. Churchill represented Arizona in the Cadet 120 weight grouping. Walton won his first match in the Cadet 145 category before losing the next two in the tournament, as did Kronborg in the Cadet 195.

Farina represented Arizona in the Junior 126 weight group, winning his first two matches before losing the next two.

Several Aztec wrestlers competed for Team Arizona at the Cadet National Duals during June in Daytona Beach, Fla., where the Arizona contingent placed 11th out of 32 teams. Coaches for the Arizona team included Corona's **Keith Walton** and **Dan Cartagena**.

Zach Walton compiled a 6-2 tally in the 138-pound weight category; **Daniel Cartagena**, a 6-2 record at 145 pounds; Tursini, 6-2 at 152 pounds; Kronborg, 4-4 at 220 pounds; and **Darius Ryan**, 3-1 at 285 pounds.

Five Aztec wrestlers competed at the Western Regional Duals held in Pocatello, Idaho, also in June. Farina was undefeated in both Freestyle and Greco-Roman styles in the Junior Duals category, going 6-0 in both or 12-0 overall.

Marc Farina, Ryan Spadafore, Churchill and Hunter Carmona represented the Aztec Wrestling Club in the Individual category, where Farina took 6th in Freestyle and Spadafore 6th in Folkstyle.

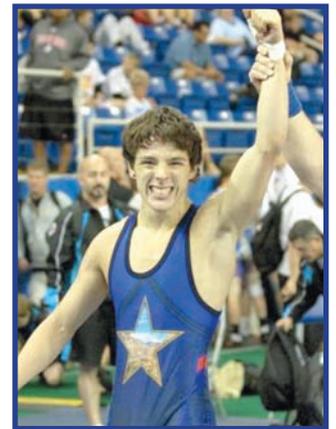
Incoming freshmen **Alex Carillo** and Marc Farina wrestled for the Arizona Schoolboy National dual team that competed during June in Indianapolis, Ind.

Carillo posted a 9-7 record and Farina was 8-8.

Several Aztec wrestlers attended the Chandler All-American Team camp in June, including incoming freshmen **Javien Hunter, Cole Curtis, Alex Butler, Anthony Farina, Raul Herrera, Riley Rayburn, Kort Turner, Ryan Spadafore, Johnny Waddell, Colton Winstead, Taylor Rico, Chris Moore, Daniel Holland, Dustin Nelson** and **Josh Caliendo**.

Hunter and Holland each made it into the camp's Takedown tournament finals, both of them ultimately placing second in their weight category.

Corona's head coach **Jim Martinez** is hoping the Aztecs' summer wrestling success, added match experience and continued weight training regimen will lead to Corona's third state wrestling championship this winter.



Ethan Tursini

Building champions Valley Christian coach Dan Kuiper defines success in his sport

By Clayton Klapper

Fifteen consecutive championships, 16 state and two national Coach of the Year awards, and a spot in the National High School Coaches Association Hall of Fame are just the beginning of Dan Kuiper's impressive coaching career at Valley Christian High School.

Kuiper coaches girls and boys track and field at the school, and together the teams have played their way to 26 state championships under his tenure.

Kuiper, much like any other successful coach, has remained humble during his successful career.

"The awards are not mine, I just happen to get the credit. I truly mean that. I could not have done this without great mentors, support from the school, and a coaching staff that is second to none," Kuiper said. "Therefore, I guess what the awards really mean to me is the fact that they point to my abilities to help people work together to accomplish a specific goal."

Kuiper started off competing in track and field as a high school student, and stayed involved in the sport on his own after graduating. Once he became a teacher at west Chandler-based Valley Christian, he took the chance to help construct a track-and-field program for the school.

"It is humbling to know that I am so inadequate in so many ways but also encouraging to me that God can still use me to influence lives even with all my deficiencies," Kupier said. "It is also a privilege to work in an environment in which the home, school, family, and/or sports program are on the same page when it comes to rearing kids."

Under his coaching the girls track and field team played its way to state championships every year from 1996 to 2010, and his boys team has won eight championships of its own.

However, the wins seem to fade together in his memory. The most important aspect for Kuiper is the relationships he has developed and the opportunity to build with the students and fellow coaches, he says.



Coach Dan Kuiper, left, has led his Valley Christian H.S. teams to 26 state championships.

"It is the individuals that you remember. It is not about the championships. Frankly, it is hard for me to recall specifics of championships or individuals that competed in specific championships," Kuiper said. "However, I do remember the individual relationships I've built with athletes and the outstanding characteristics of the assistant coaches that coached under me."

While time and again parents and coaches debate whether it's better for student athletes to compete in one sport or a variety of them over the year, Kuiper is a firm believer that track and field helps balance athletes' abilities and keeps them in playing shape all year long.

He said that keeping them in the gym during the off-season is good, but it can only accomplish a portion of an athlete's needs.

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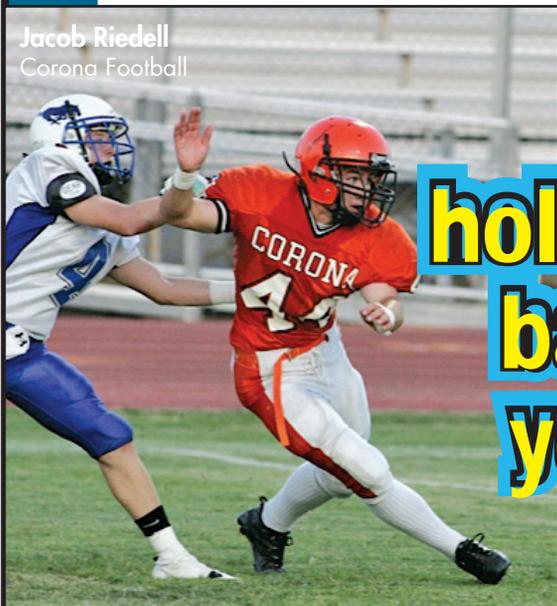
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Hospital classes: An Rx for life's travails

By Alison Stanton

As manager of spiritual care services at Chandler Regional Medical Center and its sister hospital Mercy Gilbert, Mario Valadez speaks to people every day who are struggling in one way or another. Some have questions about their personal life or health; others might be having economic difficulties.

From the staff at both hospitals to patients and their families, many people approach Valadez regularly with both tangible and philosophical questions about their lives, relationships, jobs and more.

Valadez, who has been in his current position at the hospital for about five months, realized that a lot of those he counsels share the same questions and feelings. So when Kirk Wilkinson, who has been presenting a series of

free monthly classes at both hospitals called Living Your Life with Purpose, approached Valadez to ask if he could continue the program, Valadez readily agreed.

The program had been originally started by Nancy Cook, the previous manager of spiritual care services. Cook's goal was that each class would address some of the common concerns participants were having and, ideally, offer them inspiration and hope.

After speaking with Wilkinson, Valadez said he "thought it would be a happy marriage" between Wilkinson and the hospitals to keep the popular program going.

"Problems don't just disappear when people get to work. It's a privilege for us to be able to support our staff as well as members of the public by offering these classes," Valadez said. The next class, Learn From Your Past, will be held from noon to 1 p.m. Tuesday, Sept. 4, at the Chandler

facility and on Wednesday, Sept. 5 in Gilbert.

"We get a good mix each month of staff members and people from the community," Valadez said. "I think the biggest thing about these classes is that people feel more empowered after they attend. Plus Kirk makes the classes very engaging, so people can't help but want to participate in the discussions with him."

Each month focuses on a new topic, ranging from how to develop a true sense of self to learning the art of forgiveness, according to Valadez.

He added that participants may pick and choose which classes they attend, but advance registration is required to be sure there is enough space for all.

"In addition to Kirk, the classes now sometimes feature different speakers who address the class about that session's topic. It's usually one of the directors from the hospitals who does it."

Gina Stoner, patient safety manager at Mercy Gilbert, has attended more than a dozen of the classes so far. She said each one relates to day-to-day living, as opposed to more "out there" seminars she has seen advertised in the past at other venues.

"Sometimes you see topics for classes and you think 'yeah, that might be nice but it's not really part of my life,'" she said. "But these have just been really great."

Stoner said every time she attends a class at Chandler Regional or Mercy Gilbert she thinks it can't possibly be better than the previous one, but then ends up being pleasantly surprised to learn something new.

"They really all have been helpful," she said.

"I might be in a bad mood when I get there but then I listen to Kirk speak and I walk out with a whole new attitude."

Valadez said he is pleased that the classes are continuing at both hospitals. "They provide that dose of encouragement that we all really need," he said.

For more information on the Living Your Life with Purpose series, call Valadez at 480-728-7170.

To register, call 877-728-5414.



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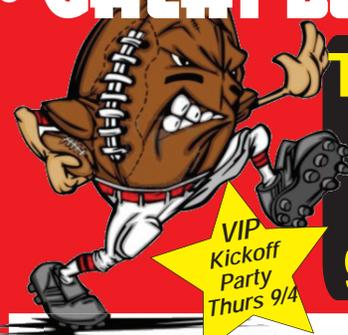
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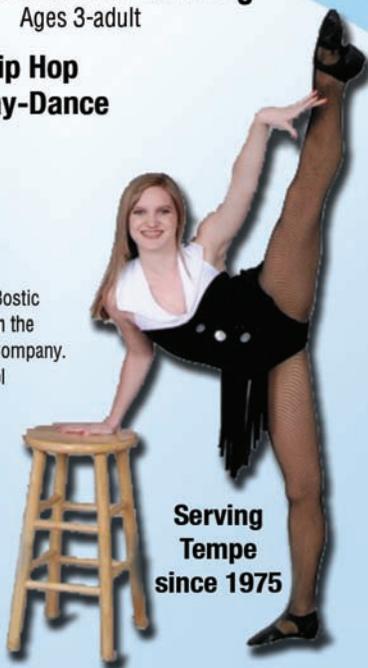
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City of Chandler PUBLIC MEETINGS BUS SERVICE CHANGES

PUBLIC MEETING

Tuesday, August 21, 2012
6:00 – 8:00 p.m.

Chandler City Council Chambers
88 E. Chicago Street, Chandler



The City is soliciting public
input on possible transit ser-
vice additions resulting from
the reinstatement of Local
Transportation Assistance Funds (LTAF-II).
This funding was withheld from cities begin-
ning in 2010, but was recently restored by the
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use of these funds to add trips to four existing
bus routes. Visit www.chandleraz.gov/transit
for proposed bus service additions.

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Registration runs throughout the year.

Saturday, August 18
Pecos Park Community Center
17010 S. 48th Street • Phoenix, AZ 85048
10:30am – 12:30pm
Registration runs throughout the year.

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EOE

Kyrene budget cuts, # 2

Editor's note: As a follow-up to the Kyrene budget piece in our July 28 issue, here is the second installment of two-part series on how 11 budget-balancing recommendations approved in July will be implemented. These initiatives are projected to result in \$5.47 million in cuts. We sat down with Kyrene Governing Board President Michelle Hirsch and Chief Financial Officer Jeremy Calles to understand more about the cuts and how each will affect the students, teachers and administration. In the last issue, we outlined five of those cuts; here we discuss the remaining six.

By Daniel Rasmussen

Reduced insurance prepayments (*Fiscal impact: \$1.9 million*) — The Kyrene School District pays two types of insurance each year: medical coverage for its employees and liability insurance. In years past, the district has pre-paid medical insurance costs for all staff at the beginning of the fiscal year. These payments total \$1.8 million, and are paid each June. However, according to CFO Jeremy Calles, as a result of an already full budget this year, the district will pay half (\$900,000) at the beginning of this fiscal year; the other half will be paid in June 2013.

Liability insurance will be handled the same as the medical insurance, with \$1 million paid twice this year instead of \$2 million up front. Insurance coverage for staff will not be affected; the only thing that has changed is the order of installments used by the district.

"This is not something that is sustainable every year," said Calles, "but this year appears to be our 'bottom year' and this is when we need to do this the most."

Capital Outlay Revenue Limit Transfer (*Fiscal impact: \$1.38 million*) — Each year, the state gives the district \$225.76 per student for capital or operating expenses. The Bond & Capital Override statute previously approved by voters gives the district the ability to transfer this money (if it is not needed for its original allocation) and use it to cover operating expenses. This money would cover teachers' salaries, expenses related to securing low class sizes and the cost of sufficient classroom supplies, according to district analysis.

This year, the district proposes to spend all of this money on operating expenses as a temporary fix as a result of the now dead HB 2405, which would have allowed the district to utilize its bond money for these operating expenses.

Because HB 2405 was not given the opportunity to be voted on, the district is unable to sell its bonds and is left with a large gap for these expenses. This money will be used solely for operating expenses this year only, and the situation will be reevaluated for next year's budget.

"The fall of HB 2405 has forced us to go from proactive to reactive," said Calles. "This will make changes in the short run, and we only hope to be reactive for this one year."

Math and literacy coaches (*Fiscal impact: \$364,000*) — Math and literacy coaches are experts brought in to coach teachers in the latest materials for math and reading.

In the 2011-12 school year, the district employed the equivalent of one math and literacy coach per elementary school, a total of 19 employees district wide.

Although by the numbers there was equal help among schools, some schools needed more attention than others, meaning the coaches were not as effective as they could have been. The situation was reviewed before this year's budget and the number of coaches will be reduced to 12.5 district wide.

Effectiveness will be evaluated a few months into the school year and the district may provide extra assistance through Title I funding if necessary. Board president Michelle Hirsch says that Lorah Neville, the district's executive director for curriculum and learning services, is currently redesigning the structure for math and literacy coaches to maximize the effectiveness of the current program.

Overall staffing allocations (*Fiscal impact: \$112,000*) — In preparing for this year's budget, the district's staffing committee found that, based on class size standards, the district had a surplus of two full-time teachers. These two positions were cut this year. The \$112,000 in cuts is equal to the cost of two fulltime staff members. No teachers were let go, however.

Hirsch says that instead of terminating any positions, two spots were not replaced after two teachers retired at the end of the last school year. The loss of those two teachers means there may be a few more kids in each class, but all classes will remain within the target class-size range. Hirsch adds that although two spots were left unfilled, 90 new teachers have been hired, something she sees as good news in the current economic landscape.

Kyrene Power Challenge (*Fiscal impact: \$350,000*) — Kyrene Power Challenge is an effort to reduce energy consumption across all schools in the district. If maximized to its full potential, the district hopes to cut energy costs by \$350,000, a substantial opportunity for the district.

The district is encouraging every student and staff member to explore all possible ways to conserve energy, including turning off lights whenever they're not needed and turning off air conditioning immediately after school is out for the day. The goal is to reduce energy consumption by 2.8 million kilowatt hours, or 11.5 percent of the district's current use. The district has already reduced its consumption by 25 percent in the past four years.

Notes Hirsch: "We've saved hundreds of thousands of dollars over the past few years, and this year we want to save even more."

Phased Retirement (*Fiscal impact: \$155,924*) — Phased retirements allow Kyrene employees to formally retire with the Arizona State Retirement System to maximize their benefits while continuing as part-time Kyrene staff members. This issue of "double-dipping" has been heavily debated over the years, but now the ASRS has worked out a plan that benefits the retirement system, the district and the retirees themselves.

According to Hirsch, the district will save \$18,000 per retiree, and this money will be pumped back into the retirement system, helping the state's economy. Retirees can also earn benefits from ASRS while receiving pay from their job at the district. The district will continue to make projections on this new retirement system in mid-August, and will evaluate it throughout the school year.

"In the next few months, we will have a better idea of how much will be saved and how well it is working," Hirsch said.

Although the Kyrene School District has researched each of these budget cuts extensively, the economic impact remains projected.

Target goals will not be realized until further into the school year. The district has also said that these budget cuts are by no means definite; if any are not as effective as planned following a series of evaluations, current approaches can be modified or eliminated.

The approved cuts apply to the maintenance and operations budget only. Studies relating to the capital budget will be under way within the next several months.

Briefly ...

101/Chandler Blvd. weekend closure

The northbound Loop 101 Price Freeway frontage road at Chandler Boulevard will be closed this weekend to accommodate the relocation of an underground gas line and subsequent pavement repair. Southbound offramps from the 101 freeway will remain unaffected.

The closure will begin at 10 p.m. Friday, Aug. 10 and the road will re-open by 5 a.m. Monday, Aug. 13. No traffic will be allowed northbound from Chandler Boulevard and the closure will cut off northbound access to the Price Loop 101 Freeway on-ramp.

Northbound traffic on the frontage road, as well as east-west traffic on Chandler Boulevard, will be detoured east to Dobson Road, north to Ray Road, then back west to the Loop 101.

The gas line relocation work is part of the \$2.1 million Chandler Boulevard/Price Loop 101 Intersection Improvement Project that began in April.

The construction includes widening the intersection to provide bicycle lane connectivity, curb work to meet ADA compliance, and adding a second left turn lane for westbound and southbound traffic movements under the Loop 101 Price Freeway at Chandler Boulevard. Chandler received federal Congestion Mitigation and Air Quality funds to construct the improvements which are scheduled for completion in late October 2012.

For ongoing project information, visit www.ChandlerLoop101.com or call the project hotline at 480-898-4060.

Cool ASU tailgate funfest Aug. 30

You don't have to sweat to be a Sun Devil football fan. You can tailgate with the best of them for the season opener and still hang out with the new Tempe City Council, your friends and neighbors—and, of course, Sparky. Tempe Tailgate happens on Thursday, Aug. 30, inside the cool air conditioning of Old Main on campus. Have a barbecue dinner. Meet Sparky. Listen to music by Carol Pacey and the Honeyshakers and get to know about city of Tempe programs and services. You'll get fired up for the game and learn how to save money and have fun in your hometown.

Cost for the tailgate is \$10 for adults. Kids under 12 are just \$5. Tempe residents can purchase tickets to the game at a 25-35 percent discount by calling 480-727-3521.

Details and tickets: bit.ly/tempetailgate.

Pets can now get stem cell therapy

Dogs and cats suffering from osteoarthritis, hip dysplasia and other degenerative diseases can now be helped with stem cell therapy, according to Dr. Jim Flegenheimer, a staff veterinarian at University Animal Hospital in Tempe.

The procedure is a same day in-hospital treatment and does not involve embryonic stem cells, according to Flegenheimer. The animal's own adult stem cells from fat tissue are used to heal and repair tissue in an extremely safe procedure, he said. Some pet insurance companies will cover up to 80 percent of the cost.

"Stem cell technology has been around for several years, but was extremely expensive until now," Flegenheimer said.

"With this new procedure, pet owners report improvement in range of motion and mobility in three to 10 days. The stem cells will continue healing from weeks to months, and the effects may last a year or more depending

on the extent of the joint injury and the age of the animal. Some animals may need periodic treatment. The procedure is offered by University Animal Hospital in collaboration with MediVet-America. Information: University Animal Hospital, 480-968-9275.

Children's Choir auditions Aug. 10-11

Chandler Children's Choir is scheduling auditions Friday and Saturday, Aug. 10 and 11, for young musicians interested in the organization's offerings of vocal instruction, convenient rehearsals and ancillary programs.

Auditions are open for any of the choirs: Junior (ages 7-10); Encore (ages 10-12); and Cantus (ages 12-16).

Appearances scheduled through the end of the year include performance of the National Anthem at a Diamondbacks game in September; a concert series at St. Steven's Catholic Church in November; and appearances at the Chandler Parade of Lights, Mesa LDS Temple lights event and First United Methodist Church in December.

Rehearsals begin Thursday, Aug. 16. Information: 480-699-9846.

Israeli-Palestinian conflict explored

Dr. Salim J. Munayer, director and founder of Musalaha Ministry of Reconciliation, which has been bringing Israelis and Palestinians together since 1990, will speak at two locations in Tempe later this month, including Mission Del Sol Presbyterian Church on Friday, Aug. 24, and Church of the Epiphany on Sunday, Aug. 26.

Munayer is a Palestinian-Israeli born in Lod as one of six children. He received his bachelors degree in history and geography from Tel Aviv University and his master's from Fuller Theological Seminary. He holds a doctoral degree from the Oxford Center of Mission Studies.

His doctoral dissertation focused on *The Ethnic Identity of Palestinian Arab Christian Adolescents in Israel*. He has published several books on Christian education and reconciliation, which include the *Life and Teaching of Jesus*, *Christian Ethics* and *Survey of the Bible*.

Information: 480-838-9216.

College will host story-writing classes

South Mountain Community College has long been known for its popular storytelling classes. This fall it will offer a whole new perspective on the subject: how to write your own story. Toni Eubanks, author of *Passage to Womanhood: Journey Home*, will teach The Power of Memoir: Writing My Life Story.

"Everybody has a story worth telling," says Eubanks. "Whether you want to document your unique experiences, record your family history, heal old wounds or leave a legacy for future generations, this class will demystify the process of putting your story on paper."

The class will meet 12:30-3 p.m. Tuesdays at the SMCC main campus, 7050 S. 24th St., Phoenix. Prerequisites have been waived for the three-credit class. Tuition is \$228, plus a \$15 one-time registration fee.

Information: 602-305-5771 or via email to smcc@southmountaincc.edu.

Session explores literacy volunteering

An information session to help adults know more about AARP's Experience Corps program will be held at 10:30 a.m. Tuesday, Aug. 21, in the Connections Café at Tempe Public Library.

Experience Corps volunteers work in local elementary schools, providing one-on-one early literacy education.

Comprehensive training, support services and orientation are provided. Information and to RSVP: 480-858-2460 or Lily_Pierce@tempe.gov



Marla Paddock: Going the extra mile.

State's top city clerk

Chandler City Clerk Marla Paddock's work doesn't always stop at the end of the day. And it's going that extra mile, especially to help others, that sets her apart among her peers.

Paddock has been named Clerk of the Year by the Arizona Municipal Clerks Association, in large part for helping to develop the training and education programs necessary for clerks around the state to receive and maintain their certification.

"Marla maintains the high standards expected at training for clerks while providing a welcoming atmosphere to allow for an optimal learning environment," said Darcie McCracken, immediate past of the statewide organization. "One of her most recent innovative ideas was to videotape a session on records management and make it available on the Internet for clerks in the state. She played a vital role in the grant that allowed the videotaping to take place."

Paddock was appointed city clerk in 2002, and has worked for the city of Chandler since 1986. She oversees the activities of six employees who perform a variety of duties, including maintaining all official city records, conducting municipal elections, providing notice of council meetings, public hearings and boards and commission meetings, assembling City Council agenda packets, recording and preserving the legislative actions of the Council, and providing notary services.

Her office is also designated as a Passport Acceptance Facility by the U. S. Department of State.

An 'A' for Tempe's high schools

Grades showing how Arizona high schools performed in 2012, with A-F signifying the traditional range of achievement, have made their annual appearance.

In a report issued last week, Tempe Union High School District received the letter grade "A," as did McClintock, Corona and Desert Vista high schools.

Marcos de Niza, Mountain Pointe and Tempe high schools received the letter grade "B".

Compadre, which is evaluated using the alternative-school accountability model, received a letter grade of "C-Alt".

The letter grades indicate that the district and all Tempe Union high schools demonstrated an "excellent" or "above average" level of performance.

Kim Hilgers, assistant superintendent for teaching and learning, said the schools receiving less than an "A" will use the letter grades "to further improve and grow with the goal of providing the best education for their students."

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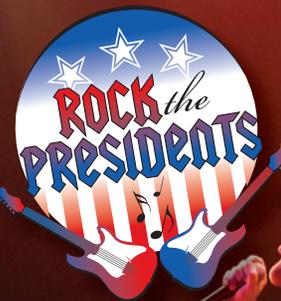
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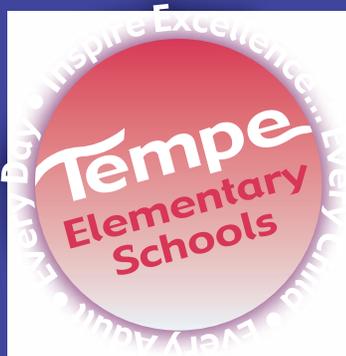
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Diversions

With M.V. Moorhead

Wimpy's low-comedy shtick agreeable kid fare

There's a central problem to *Diary of a Wimpy Kid: Dog Days*, the third film adaptation of Jeff Kinney's popular kids' books. The movie, which opened in third place last weekend after *The Dark Knight Rises* and *Total Recall*, is actually a conflation, combining episodes from the third book, *DOAWK: The Last Straw*, and the fourth, *Dog Days*.



The books, hand-lettered (or presented in a font that looks hand-lettered) and illuminated with Kinney's riotous drawings, chronicle the adventures of Greg Heffley (Zachary Gordon), an unathletic, video-game-obsessed preteen.

Greg isn't always a likable kid—he's often a self-centered, wary, calculating little crud, and in this the books are similar to the TV series *The Wonder Years*, though without the nostalgic element they have a less reflective, more urgent edge. They're also funnier.

The movie versions—of the first book in 2010 and the sequel *DOAWK: Rodrick Rules* last year—mix in animated versions of Kinney's drawings, often introducing a figure as he or she looks in the books, then shifting to the live-action actor.

More literal, they're almost inevitably less edgy and funny. Without Greg's tough-minded, unsentimental narration, a lot of the incident is really just low-comedy shtick. But as low-comedy shtick for kids goes, they're quite agreeable.

Same goes for *Dog Days*, in which Greg struggles to construct a summer free of outdoor activities while staving off the threat that he might be sent to military school.

He ends up accompanying his sweet-natured friend Rowley (Robert Capron) to a country club, also attended by the girl he likes, Holly (Peyton List), and claiming to have gotten a job there to impress his parents (Steve Zahn and Rachael Harris).

Eventually Greg's odious, rock-star-wannabe brother Rodrick (Devon Bostick) gets wise to him, and wackiness ensues. The comedic high point, probably, is Rodrick's attempt to impress a girl he likes with his rendition of Justin Bieber's "Baby Baby."

The amusingly obvious problem—almost certainly the reason for hastily making two books into one—has to do with the differing rates at which humans grow.

Gordon, the bright, lively young actor who plays the title role...well, he's not a very wimpy-looking kid anymore. He seems, really, to be becoming what in Yiddish would be called a *shtarker*—thick-bodied, heavy-featured, substantial.

Thus director David Bowers can't find enough low angles from which to shoot Devon Bostick to make it look like Greg would need to find Rodrick intimidating. Greg looks like he could might be able to take Steve Zahn, really. If he got sent to military school, he'd be running the place in a couple weeks.

Kuiper

From Page 6

"To get faster you must run fast and be in competition. Just being in a gym will not get you to your fullest potential, Kuiper said.

"You have to ask yourself why a lot of your star collegiate football players also compete in track and field — it's obvious they also do it because it allows them to compete and get faster.

"Track and football go hand in hand. For that matter track is the basis of all your other sports. Track works on strength, flexibility, speed and coordination."

While helping to promote a growing sport, Kuiper

has developed an unprecedented standard of success for an athletic program that has undoubtedly become one of the most accomplished in its area.

Throughout his career at Valley Christian Kuiper has made it a point to keep his focus on student athletes and developing characteristics that will transend into a life of success well after they've retired from track and field. All the while, Kuiper continues to credit his faith as the biggest contributor to his successful career.

"I guess the main thing is the fact that it is confirming that God is using me where my gifts and talents lie," Kuiper said.

"It is also tremendously uplifting to know that I have influenced young lives in ways that cause them to stretch and work beyond what they ever thought possible."

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Dr. Salim Munayer



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Please invite any others you know who might be interested.

Sunday, August 26
Starting at 6:30pm

The Church of the Epiphany — Parish Hall
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Monday, August 27
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For more info on:
Dr. Munayer, visit www.musalaha.org
Evangelicals for Middle East Understanding, visit www.emeu.net
Bethlehem Bible College, visit www.bethlehemcollege.edu

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- What are the physical effects of long term stress on your body?
- Can you change how you respond to stress?

Patricia Duryea, Ph.D., has a diverse background in medical technology, human resources, small business ownership, and mental health counseling.

She is the owner of Duryea and Associates which provides wellness consulting and counseling services. Her current projects include the expansion of a fitness-based community health initiative here in the Valley, and assisting area businesses in providing health and wellness programs for their employees.



Pat is also an adjunct professor in the Human Resources and Security Management programs at Webster University, Luke Air Force Base, as well as a One on One provider for HeartMath.

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Valley homeless get help via United Way-Tempe partnership

By Daniel Rasmussen

With a homeless population of more than 8,000, the Valley ranks statistically lower than most large U.S. cities. The problem, though, doesn't seem likely to go away.

That's why, for the past four years, Valley of the Sun United Way has operated Project Connect, a kind of one-stop shop set up every month to provide the homeless with services they need to raise their spirits and help get them back on their feet.

At Project Connect events, participants get a chance to apply for housing, jobs, food stamps and driver's licenses. Doctors and nurses are on hand to give free health care. Free showers and haircuts are available. Overall, 30 some services are offered at no cost, something that can be found nowhere else, say United Way officials.

The latest of these programs, held at Grace Community Church in Tempe, drew the biggest crowd yet, according to a United Way spokeswoman. More than 500 guests received all-around care.

Each month, United Way partners with organizations in cities across the Valley to host the event, bring in volunteers, and encourage local companies to donate time and services to help those in need.

At the latest event, 450 area residents showed up, establishing a nearly one-to-one ratio of volunteers to guests. These "guest guides" accompany those needing services, trying to help them in any way possible, sometimes spending hours making sure no one leaves with needs unmet.

Annabelle Sanchez, a longtime Tempe resident and volunteerism professional, participated in Project Connect for the first time at Grace Community. She says that of all the volunteer experiences in which she has participated, Project Connect was one of the most profound.

"To listen to these people's stories, to see that they need help, is something that was heartbreaking but it made me realize that (homelessness) is an issue we have to solve," she said. "We must give these people the dignity and respect that every human being deserves."

Sanchez gained so much from the experience, she said, that she plans to continue working with the program for the foreseeable future.

"It's truly eye-opening to see how many people are affected by homelessness in our own community...I can't wait to recommend the event to everyone I know," she said.



Since its start in 2008, Project Connect has helped thousands of homeless individuals throughout the Valley. The program has become such a success that it has established a presence at the Maricopa County Health for the Homeless Center in downtown Phoenix.

The city of Tempe partners with United Way to host two Project Connect events each year. At the latest event, Tempe City Manager Charlie Meyer and council members Shanna Ellis, Corey Woods and Kolby Granville joined in to support the volunteers.

Amy Schwablenender, vice president of community impact for United Way, says the relationship with Tempe has been fruitful and has played a huge part in the event's success.

"We cannot do the event without the support of the city," she said. "Nonprofits must collaborate because there

are fewer and fewer resources at this time, and when we get together we make amazing things happen."

Schwablenender says the event draws a mixture of chronically homeless people and those at risk of homelessness.

These include all ages, from all walks of life.

Of those homeless in Maricopa County, 17 percent are chronically affected, according to statistics. The number is defined as individuals who are homeless for one continuous year, or who have been homeless four or more times in the past three years with a disability.

While the chronically homeless comprise a large percentage of those served by Project Connect, first-time homeless individuals and those at risk of homelessness are growing in number, say United Way officials.

Schwablenender says that the organization is constantly updating its programs to accommodate a potentially growing number of individuals who need help.

United Way is currently aiming to move individuals into 1,000 units of permanent supported housing around the Valley. This will move a large chunk of the chronically homeless out of their current category and forward to the next stage of their lives.

"We cannot prevent every crisis, but if we have an efficient emergency system, these people can access shelters and services in a short amount of time," Schwablenender said.

Schwablenender adds that the long-term goal is to make a significant reduction in homelessness by 2020. Project Connect will also continue to evolve, she said, and will hopefully be offering dental and ophthalmology services in the near future.

To sign up as a volunteer, or for more information on the program, visit www.vsuw.org/projectconnect or www.facebook.com/myvsuw.

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To breastfeed or not breastfeed

During World Breastfeeding Week, which is officially celebrated annually during the first week of August, many organizations work to promote, support and raise awareness of the benefits of breast milk. Producing breast milk after delivering a baby is the body's natural process, and offers many immediate and lifelong benefits for both mom and baby. However, recent studies have shown that while the majority of baby-bearing mothers set out with the intention to exclusively breastfeed, many become unenthusiastic after the first month due to the challenges it involves. Below, obstetrician and gynecologist Stephen Frausto, M.D., FACOG, answers some questions about breastfeeding.

Why is breastfeeding important to babies and their mothers? — When breastfeeding, the prolactin hormone is released by the mother and attributes to the strong bonding sense mothers feel towards their newborns. Breastfeeding can create a psychological bond that makes the baby feel secure and puts the mother at ease knowing she can provide for her child. Studies have shown that breast-fed babies are often healthier and are less likely to develop health issues, such as asthma, diabetes and obesity.

How long should you breastfeed? — Breastfeeding is generally recommended for newborns up to six months of age. During this time, a mom's milk is heavily flourished with antibodies, called immunoglobulins, which aid a baby's immune system as he or she develops.

However, breastfeeding is a personal choice and many factors may impact a woman's ability to breastfeed. For example, women in the professional field may be inhibited by their schedule, while stay-at-home-moms may choose to breastfeed up to a year or beyond. I encourage new moms to try breastfeeding and ultimately do the best that they can. Mom can then decide what needs to be adjusted to fit her routine and her baby's needs.

How is breast milk different than cow's milk or formula? — In addition to the amount of antibodies in breast milk, a mother's breast milk is also hypoallergenic, meaning that her newborn is safe from allergies that could occur from feeding. On the contrary, formulas are generally made with either cow's milk or soy. Cow's milk can be difficult for infants to digest, and between feedings bacteria can easily contaminate bottles.

What is your advice for women who are having difficulty breastfeeding? — It can be discouraging when some mothers cannot produce enough milk for their children, which can lead to a sense of failure. Mothers need to remember that even some breast milk is better than none. In addition, breast milk can be supplemented with formula to provide the baby with the necessary calories and nutrients for growth and development.

When breastfeeding, it is important for mom to continue to eat enough nutrients for her body, as well. This includes drinking eight to ten cups of water, and eating a fair share of veggies, fruits and whole grains, as well as two to three servings of protein every day. Avocado and nuts are also a good source of healthy fats. If mom is having difficulty breastfeeding, specially-trained nurses, called lactation specialists, can help. In addition, many hospitals, such as Tempe St. Luke's Hospital and Mountain Vista Medical Center, provide breastfeeding classes to help new moms.

Stephen Frausto, M.D., is a board-certified obstetrician and gynecologist on the medical staff at Tempe St. Luke's Hospital, Mountain Vista Medical Center and in practice with Arizona Associates for Women's Health, a Physician Group of Arizona practice. To inquire about breastfeeding classes or for a referral to an obstetrician and gynecologist, call 1-877-351-WELL (9355).

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

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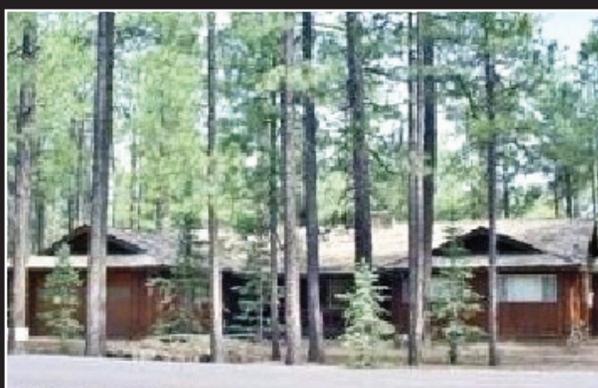
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