

# Wrangler NEWS

**West Chandler Edition**

**Oct. 23 - Nov. 5, 2010 • Vol. 21, No. 22**

*'The Valley's Best Community Newspaper'*  
*Phoenix Magazine 2007*



## **A look at tomorrow's health care**

At a 'Chandler 100' salute to influential businesses, Chandler Regional Medical Center CEO Patty White announced that the hospital is preparing for the future with new technology, more beds and enhanced laboratory facilities that will allow physicians to diagnose and treat an even wider variety of health concerns.

*Story, Page 2*

— Wrangler News photo by Mark Crudup

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## Chandler Regional CEO unveils wide-ranging plans for future growth

By Mark Crudup

Chandler Regional Medical Center is preparing for the future of patient care with new technology, more beds and enhanced laboratory facilities that will allow physicians to diagnose and treat an even wider variety of health concerns.

"I have been so impressed with the staff, leadership, physicians, volunteers and the board in the East Valley," Patty White, CEO of Chandler Regional Medical Center, said. White, a south Tempe resident, has held the hospital's top administrative post since November.

As to what the future holds, White said a number of major changes are in the planning stages. "We have couple of big expansion projects on the books."

White was featured guest speaker at the Chamber of Commerce's "Chandler 100" Dinner Oct. 14, honoring influential businesses that spark

— HOSPITAL, Page 8

## Aztecs' quarterback isn't deterred by lack of years

By Jeremy Banks

He's been out of middle school barely two years, but he's already being trusted to play his sport's most important position. Evan Kinney is the starting quarterback for the Corona del Sol High School football team.

As 15-year-old sophomore, Kinney is one of the youngest players on the squad, yet he's being asked to become one of the smartest. He's also being asked, as befits the role, to become the team's de facto spiritual leader.

So far, with eight games into the season, Kinney seems to be gaining momentum.

Aztecs football coach Zane Zamenski said Kinney has improved each week, already having shown a lot

— KINNEY, Page 12

## Schools counting on voters to OK continuation of funds

The Kyrene School District is asking voters to renew a 10 percent capital budget override and approve \$117 million in bonds Nov. 2, to allow the district to implement new technologies and make maintenance repairs to facilities.

"It's so important for us to have that kind of support, because the state has not been funding our building improvement program for several years," Superintendent of the Kyrene School District David Schauer, Ed.D., said. "It's a level of support that helps us maintain our facilities and we are very fortunate to have it."

If voters renew the override, the district will be able to continue its honored growth in technology-assisted learning.

— SCHOOLS, Page 10

# W. Chandler to see major gains from tech-sector advances

## Commentary

By Matt Orlando

Since its founding, Chandler has been a community based on innovation. From Dr. A.J. Chandler's groundbreaking use of irrigation techniques in the early 1900s to the strong high-tech employment base we have created today, we take great pride in keeping up with technology.

And west Chandler will certainly benefit from impending upgrades.

A prime example is the recent expansion of wireless and broadband Internet access to our libraries, including the Sunset branch on the north side of Ray Road just east of Rural Road.

Patrons there will soon be able to access online data at a rate 10 times faster than what is currently offered.

Library patrons will greatly benefit from the increased capacity, as it has been challenging to meet the rising demand for high speed Internet access.

Just as critical to our future, the Desert Breeze police substation will also benefit from advanced wireless technologies.

Early next year, Chandler's Police Department will be able to replace its stand-alone radio system with more efficient devices through the Regional Wireless Cooperative.

This will enable the entire department to easily communicate with other agencies in the Phoenix metropolitan area.

In addition, two high-profile projects in west Chandler called Continuum and Innovations are creating a buzz of their own.

Continuum is located at the former Motorola site on the Price Road Corridor. It is an exciting master-planned Science and Technology Park that will include programs and research facilities for the University of Arizona. It is expected to create 8,000 to 12,000 jobs in new technology industries at build-out.

The Innovations Technology Incubator is a related project at Stellar Airpark. It also provides state-of-the-art facilities for start-up companies in the cutting edge fields of biotechnology, nanotechnology, software design and other areas of development to help them grow and flourish. The incubator space is one of just a handful not located on university campuses.

In the downtown area, wireless networks are also being extended to the newly renovated Center for the Arts. Wireless technology is highly valued by conference organizers and event planners who rely on quick and convenient access to data for the success of their events. With this extension, Chandler is gaining a competitive advantage over other cities by offering a state-of-the-art venue capable of attracting large events.

From an economic development standpoint, this investment makes good fiscal sense. In fact, large events are known to generate sales tax revenue by boosting sales at local restaurants, hotels, and shops.

Across the street from the City Hall complex is Gangplank—a hub for technologically savvy entrepreneurs that recently opened its doors. In reality, Gangplank is a meeting place available to anyone interested in working in an environment that fosters creativity and collaboration.

It offers free conference rooms and a large area where individuals can participate in mentoring sessions and listen to regularly scheduled brown bag lunch speakers. The city's partnership with Gangplank entails an exchange of subsidized office space for new technological developments that benefit the community. It is a forward-thinking partnership meant to encourage other innovative developments in our downtown.

From a regional standpoint, Chandler will soon be plugged in to the 4G (fourth generation of wireless standards) network currently being tested in the Phoenix area.

Only a handful of cities in the U.S. are equipped with this capability since the first 4G smartphone was released on the market earlier this year.

All in all, Chandler makes every effort to be at the forefront of innovative initiatives.

For as long as technological advancements continue to enhance our services and be the driving force for economic development, we will commit to invest in those cost-effective technologies that benefit our residents and the community.

— Matt Orlando is a member of the Chandler City Council

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We always enjoy hearing from you!

## Warning issued after residents report coyote sightings

It seems coyotes are sneaking into south Tempe and environs after three residents reported sightings in the past month.

The latest visit was reported by Linda D'Avola, who lives in near Warner Road and McClintock Drive.

"At around 6:20 a.m., I looked out the window and saw a coyote walking across my back wall, facing the church on Knox Road," D'Avola said. "I called the Tempe police non-emergency line, and was told one dog had been recently killed by a coyote, and two other residents had reported coyote sightings."

Coyotes have been known to jump 14 feet—well above a home's standard bordering walls, a Tempe police representative said.

Such incidents are reported to the Arizona Game and Fish Department, though no action is taken unless agents believe the animal is rabid and aggressive.

D'Avola thinks that makes it all the more important to get the word out.

"I just wanted to let everyone know, so their dogs don't get hurt, especially smaller dogs," said D'Avola, who has lived in Tempe for 26 years.

"They're so fast," she said. "It's almost as if they are flying."

Coyotes aren't the only four-legged creatures running about in Tempe. Jeff Hollow, another south Tempe resident, said he has seen three roof rats in his backyard.

"In the last two weeks we've found one rat swimming in our pool, one drowned and one the cats were playing with, which I ended up trapping," he said.

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# Mill Avenue streetcar remains in Tempe budget Funds for Rural Road connector delayed until 2026

By Mark Crudup

Tempe currently has funding for the construction of a short-trip streetcar system circulating Mill and Ash avenues in downtown.

However, funds for a hoped-for rapid bus system traveling south on Rural Road to Chandler Boulevard have been deferred as result of revenue cuts to Proposition 400, Metro representatives said.

Marc Soronson, vice president of HDR Engineering and Metro's manager of corridor planning, said a bus rapid-transit route on Rural Road will still be on the recommended project list, even though it may not be built in the near future.

"Funding for this element of the project has gone away," Soronson said. "Even though bus rapid transit is still showing up in the plan, revenues to actually construct and operate the bus rapid transit have been lost."

Economic reality hasn't

altogether dampened optimism, however.

Although city of Tempe representatives said funds will not be available until 2026, residents remained hopeful about the additional system.

"It would be nice to reduce the traffic congestion and get people to use public transportation," Ahwatukee resident Ed Celaya said at a public meeting Oct. 6 at the Desert Breeze police substation. "I think it would really benefit the community."

At a previous light rail meeting, this one held in downtown Tempe, Metro board members and Tempe transit officials said they have identified what they believe to be the most efficient route for a modern streetcar circling Mill and Ash avenues, running across University Drive and Rio Salado Parkway.



Metro Public Information Officer Hillary Foose studies transit-system map with resident Ed Celaya.

— Wrangler News photo by Mark Crudup

— RURAL, Page 7



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# Cities share spotlight for noteworthy environmental efforts

Tempe has emerged as a quadruple winner in competition recognizing the sustainability initiatives of public and private projects, honoring a broad spectrum of work from private homes to commercial buildings to public spaces.

Chandler also was an awards recipient. Tempe received two prestigious Crescordia awards and two Awards of Merit at Valley Forward's 30th Annual Environmental Excellence Awards. Crescordia winners included the Sandra Day O'Connor House/Green Line

Restoration and Western Canal Multi-use Path Project.

The historic O'Connor House, originally constructed in Paradise Valley as a family home for the former Supreme Court justice, represents a milestone in sustainability.

A preservation-by-relocation effort was undertaken and the entire house was deconstructed and transported piece-by-piece to Tempe. It was meticulously reconstructed in Papago Park, with a focus on historic preservation.

The Western Canal project connects

Tempe with the cities of Phoenix, Mesa and Chandler, completing a critical link in the Valley's pedestrian freeway.

It links four parks, three schools, numerous recreational facilities and employment centers and dozens of retail outlets.

It also converts miles of nearly unusable unpaved maintenance roads with high transmission power lines into a shaded, accessible linear park and public amenity.

The path was designed in response to public interest in providing new opportunities for bicyclists, joggers and pedestrians to enjoy amenities and recreational opportunities.

Tempe officials say it demonstrates the city's commitment to improve bicycle and pedestrian facilities and its effort to be a model community for walking and biking.

Chandler earned a Crescordia award in the Park Site Development and Landscape category for its Paseo Vista Recreational Area project, a collaborative effort between the city's Community Services and Municipal Utilities departments.

The departments partnered to

transform Chandler's closed landfill near McQueen and Queen Creek roads into a premier community special-use park with unique recreational offerings such as disc golf, archery and a dog park.

"Paseo Vista is a living testament to the effective reuse of materials that otherwise would have ended up in other landfills," said Chandler Mayor Boyd Dunn.

"The project utilized salvaged culvert pipes, concrete chunks from sidewalks, recycled asphalt millings, old railroad ties and more than 1,500 discarded tires."

The 64-acre site provides easy access to the popular multipurpose Paseo Trail system.

An awards panel said it demonstrated planning foresight and commitment to make efficient use of a site that would have remained fenced from the public, and which had been deemed unattractive and unusable.

The total cost of the project was \$12.8 million, funded through a voter-approved bond in 2004.



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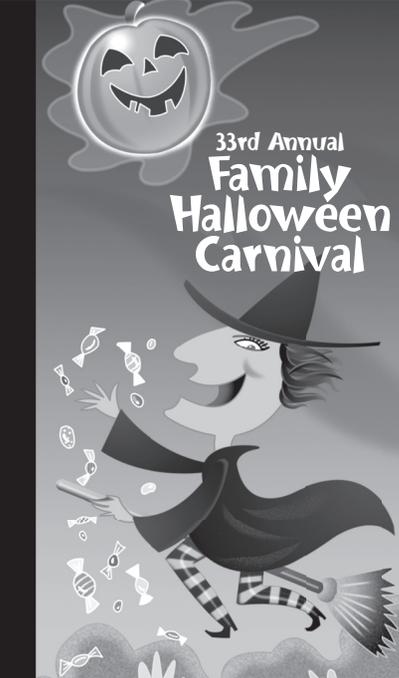
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## Rural

From Page 5

"They've reviewed it and we talked about why the loop option was preferable, as opposed to an Ash Avenue or Mill Avenue double-track system only," Soronson said.

Originally, Metro was considering a two-way streetcar system running only on either Mill or Ash. After discovering a water line that would need to be moved, in addition to other utility structures in planned construction paths, a one-way loop was developed for the area.

"This is also seen, more or less, as a starter line to be able to connect to the Third and Mill (Avenue) light rail station, in addition to becoming a starter line for a streetcar system within the (south) Tempe and (west) Chandler area," Soronson said.

Residents questioned the new modern streetcar, described as a "hybrid of the light rail and a bus," asking city officials why more Orbit buses would not be implemented instead.

Soronson said streetcar-system construction would be minimal, compared to light rail, and would be more attractive to residents. The

streetcar would operate on tracks in one lane of traffic, obeying signals just as motorists do.

"The stations would be much smaller than light-rail stations," he said.

"We spent quite a bit of time looking at where the utilities are, so we don't (have to) spend time moving those during construction, with as little disruption to the surrounding businesses as possible."

Operational costs for the streetcar are estimated at \$3.1 million annually for the 2.6-mile system, and are the city of Tempe's responsibility.

At the Desert Breeze meeting, Metro CEO Stephen Banta said light-rail ridership has almost doubled, and he is optimistic about implementing projects that will eventually connect, forming a "total transit network."

"We're not here to compete with other modes, or to compete a streetcar against a bus," Banta said. "We are here to try to work with the economy we've been dealt recently, and that's building smaller (connecting) segments."

Banta said there is still time for public comment.

"We need (public) support," he said, "We will not be successful if we don't do it with...the end user, in mind."

## 8th annual Pumpkin Patch Oct. 23

South Tempe State Farm agent Mary Contreras will host the firm's 8th annual Pumpkin Patch event 9 a.m.-1 p.m. Saturday, Oct. 23, at the agency, 2145 E. Warner Road.

The event is designed to build awareness through consumer education, and to reduce the cost of auto insurance with free windshield chip repair. Bring a new teddy bear (no taller than 12 inches) to support the Care7 Tempe Crisis Center Teddy Program. These little bears are used

to comfort children who experience some type of trauma or confusion caused by car accidents, fires or other emergencies. The event also includes refreshments, a charity car wash and activities for the kids.

An education specialist from the Tempe Fire Department will be available for questions, and kids will see a fire engine up close. Driving MBA experts will be available to answer questions about teen safety driving.

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# Hospital

From Page 2

community growth. While addressing the attendees, White remained enthusiastic about serving every Chandler resident through future extensions of facilities and services.

First on the drawing board is a \$10 million venture to expand the hospital's cardiac cauterization labs, which already are state-of-the-art in aiding physicians to treat cardiac conditions.

"The patient comes in with chest pain, and oftentimes they have a very quick emergency department visit and then go directly to the labs,

where then we diagnose and, if possible, treat any type of heart disease," White said.

"Cardiac and vascular services are key for us here."

Over the past seven years, Chandler Regional has done more than 1,800 open-heart procedures, White said.

"It's a really big program, and I'm not sure if everyone is aware of that," she said.

In the past few months, the hospital has been at or near capacity, White said. However, the two new cardiac labs to be added by next summer will double the patient care capacity.

"Our goal is to be able to serve all the residents in the Southeast Valley, and to be able to do that with quality and efficiency," she said. "I don't want to have any residents who have to drive past our hospital to receive medical care."

In addition to new labs, the medical center plans

to construct a new patient tower, providing more beds to allow for more patients.

"The extra beds will add a new emergency department, new operating rooms, new critical care beds, as well as routine types of care beds with monitoring capabilities," White said. "We also will be expanding our chapel, because we are a faith-based organization, and that's very important to us."

Technology is also moving forward in the medical world, and Chandler Regional Medical Center is hoping to stay on top. This year, the center starting utilizing a new surgical device that allows physicians to treat patients with far greater precision.

"We just have installed a DaVinci Surgical Robot," White said. "The advantage for the patient is there is less pain and a shorter recovery time; people literally go home the same day they came in."

Surgeons operate by working on a console rigged with a 3-D screen and handheld moveable arms that instruct the robotic tools making incisions on the patient, according to the clinical sales manager of DaVinci Surgery, the company that manufactures the new device.

Said Brian Leibrock:

"Blood loss is almost nothing. What we can do with this robot is perform advanced procedures with unparalleled coordination, while having minimum invasiveness on the patient."

According to White, other newly implemented technologies include an advanced, high-speed CT scanner.

"It allows us to do cardiac work on the CT that other hospitals can't do," White said.



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# Sports Notebook . . . with Alex Zener

## Aztec JV girls volleyball: 'Exceptional'

Members of Corona del Sol High School's 2010 JV girls volleyball team have been further honing their skills during the season, hopefully to be ready to participate at the next level next year, which is the main purpose for freshman and JV teams in any sport.

This year's team has been exceptional, though, with a 14-1 record heading into the final two games of the season.

The only team to defeat Corona was Xavier and the only other team to take a set from the Lady Aztecs was Desert Vista, which lost to Corona 2-1.

Corona's success may be due to

what coach Dan Salas calls "mental management" during the game.

"The players have really all gained confidence in themselves to turn negative plays around quickly, into positive results," said Salas.

"Understanding and being prepared to make a mistake and mentally battle out of it is one of the key components to our success."

The team is doing a good job on offense, for the JV level, when their focus, passing, tempo and timing are at the top level according to Salas. The team also has so

— NOTEBOOK, Page 11



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## Mariposa planning Nov. 13 fund-raiser at Tempe Arts Center

Tickets are on sale for an adults-only Friends of Kyrene de la Mariposa Elementary School fundraising gala from 6-9 p.m. Saturday, Nov. 13 at Tempe Center for the Arts.

The event will feature an evening of cocktails, appetizers, music and art, along with a silent auction to benefit Mariposa

passes to Greyhawk Golf Course, tickets to Phoenix Zoo Lights, a wine tasting event for 20 people, a night at Wild Horse Pass Retreat, dinner at Picasso's and more.

Tickets are available at the school.



## Schools

From Page 2

"Kyrene has won national awards for what we do in our classrooms with technology," Schauer said. "It's not only about the equipment; it's about (providing) learning opportunities for students."

Since voters approved the initial investment, the Kyrene School District implemented interactive chalkboards in all classrooms, as well as provided elementary school classes with sets of laptops. If renewed, the override would not affect voters' taxes, and instead would simply renew the funding for an additional seven years.

"We're not asking for increasing taxes or for something more than we currently have," Schauer said.

The district is also asking voters to approve a bond to renew funds for maintenance repairs to school facilities, including roofs, heating and cooling systems, flooring and parking lots.

"The bond is allowing us to continue to maintain our buildings," Schauer said. "We have this capital improvement plan (CIP) and that includes things like the roofs and security systems."

District officials are putting both measures on the

Nov. 2 ballot, instead of waiting until 2011, in order to save money and develop support for the future projects.

"It costs us about \$150,000 to put something on the ballot (to elect new governing boards), so it's much more cost-effective to include these measures on the ballot this year," Schauer said.

If the measures do not pass this year, the district would conduct another election next year, costing an additional \$150,000.

"The fortunate thing is this community has always been very supportive of what we do," Schauer said.

— By Mark Crudup

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# Notebook

## From Page 9

many good players that part of the team's success may be attributed to competition for playing time.

Some of these players include middle blockers sophomore Caroline Trent and junior Erin Miller, whose successes dictate the success of the Lady Aztec's outside hitters, junior Ashley Molina, sophomore Kraymer Johnson and junior Haley Shaughnessy, according to Salas.

"Caroline Trent has really come into her own as perhaps the best offensive middle in the region, at the JV level," said Salas. "Ashley Molina has worked incredibly hard and is also a top outside hitter in the region."

"Opposite hitter sophomore Kaitlyn Martin has really been one of the team's most consistent players and is a great floor leader," said Salas.

"Kaitlyn started the season at libero, but she's such a good all-around player that she fit better for us at opposite."

Sophomore setter Patrice Moritz orchestrates the offense to make it all happen but her success and the team's triumphs depend a great deal on the passing efficiency of the defense.

"Patrice does a great job of never getting her sets too high or too low for the hitter," said Salas. "She's developed a good feel for the game and the attitude of our team but most importantly her confidence as a leader has improved."

The defense is a total team effort that relies on communication and anticipation, according to Salas, but often falls to a team's libero and defensive specialists.

"Sophomore Brianna Keller-Galley, our libero, has really improved our 'center of the court' presence," said Salas. "She reads the game well and keeps the team in many close games with not only her passing, but with her serving consistency."

"Sophomores Kaileen Fei, Mallory Autrey, Madison Ruditys, and junior Megan Volin have stepped in to provide consistent passing and keeping us in close games by making plays," said Salas.

Salas is counting on his team to stay motivated and on track to finish the season without losing another match. He would like the only regret to be Corona's loss

in their first match of the season against Xavier.

## Badminton

After a rebuilding year last season, Corona's badminton team was back on track to go far in the 5A state tournament as a team and for individual players under the new AIA state tournament regulations.

"I had high expectations for the state tournament for both the individual and team tournament," said first-year head coach Katie Kelly.

"The girls had worked really hard all season to ensure their success at the tournament, and I thought that they would do great."

Unfortunately, Corona's singles players, Emma Reeve and Christine Tang, entered the Oct. 15 state 5A singles tournament unseeded.

Reeve made it into the third round before being defeated by the No. 5 seed, G. Ramirez from Greenway. Reeve had a bye in the first round and soundly defeated unseeded Z. Schwartz of Perry High School 11-0, 11-1.

Tang defeated Sunnyslope's K. Espericueta in the first round before facing the No. 3-ranked S. Vermillion of Millennium, who not only defeated Tang but made it all the way to the singles 5A quarterfinals scheduled Oct. 23.

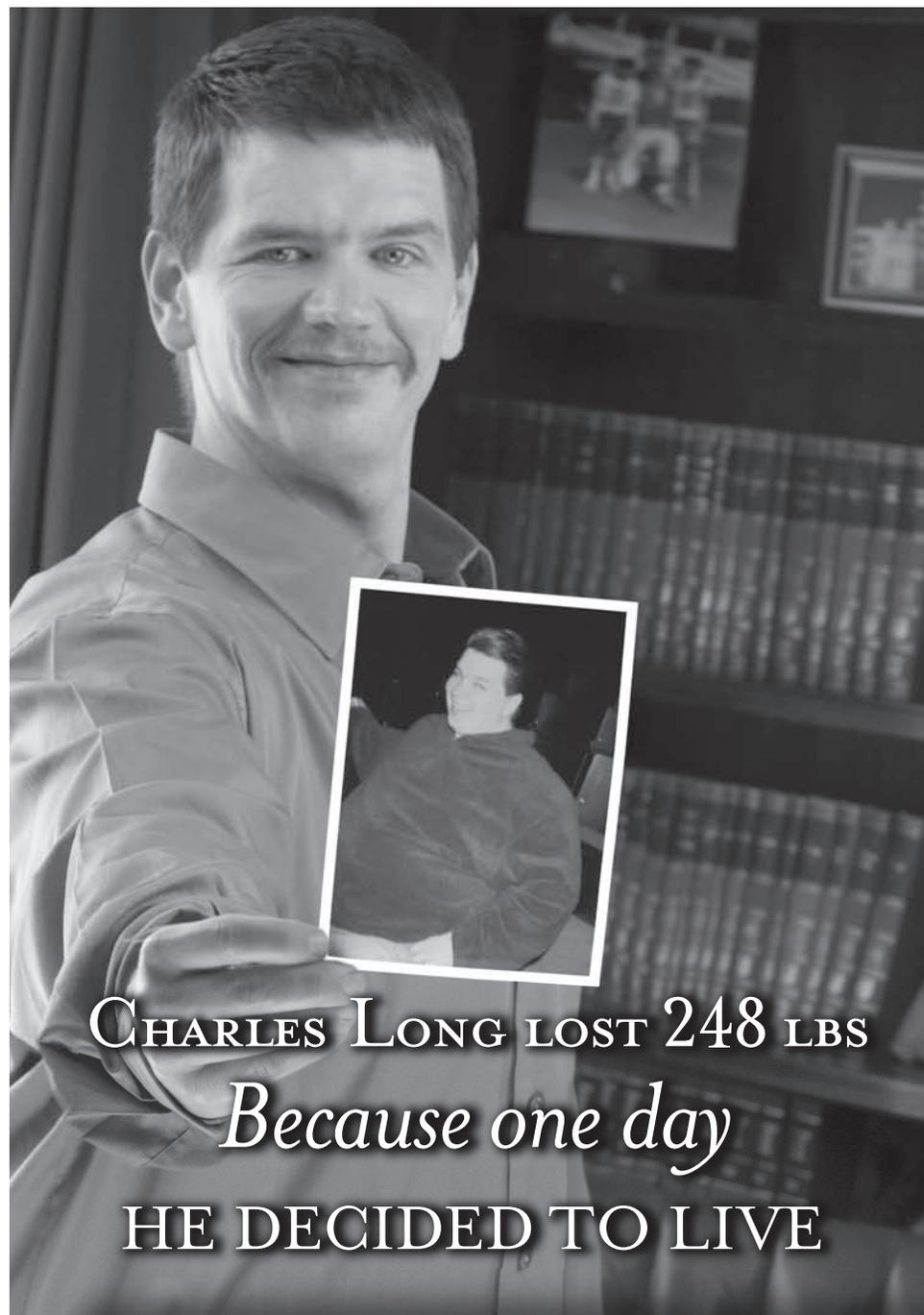
Corona's doubles teams did not disappoint coach Kelly. In the first rounds of the 5A doubles tournament Oct. 15, Corona's Nicole Schwalbe and Rachel Gur-Arie were the No. 6 seeded team, out of 92 teams. Schwalbe and Gur-Arie won all their matches the first day and were scheduled to play in the quarterfinals Oct. 23 against Chandler's No. 3-seeded doubles team at Independence High School.

If they win in the quarterfinals, Schwalbe and Gur-Arie would face either unseeded Chaparral or unseeded Mountain Pointe at 2:30 p.m. on the same day also at Independence.

Corona's other doubles team, Rikki Gurule and Alexis Emerson, did well in the first rounds, making it to the fourth round before they were defeated by the No. 5 Gilbert team.

The 5A state team tournament started Oct. 18 with Corona coming in as the No.

— **NOTEBOOK, Page 16**



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## Kinney

From Page 2

to be happy about. With a competitive nature and effective skill set, Kinney already has proved himself able to stand out among his teammates.

"When Evan came in he was one of three (quarterbacks competing for the starting position). He rose to the top," said Zamenski. "He's got some definite skills. He can throw the football. He's got a pretty good arm. He has the intangibles that we say a quarterback needs to have.

"He has the mindset, some of the leadership skills we look for at that position. Those are the things initially that impressed us about Evan."

Asking a sophomore to lead the offense wasn't an easy choice for Zamenski.

"It's always hard to put a sophomore at that position. Sophomore, freshman, sometimes even a junior, it's hard to put there," Zamenski said. "In our situation, his blend of tools was the best for us, so we made that decision."

Kinney has taken his opportunity and made the best of it. He said he's working hard to improve each week. He knows his strengths and limitations. He's an athletic quarterback with a good knowledge of the game. He's accurate and effective with the play-action pass.

Although he's never before had as much responsibility as now, Kinney says he has always been aware of his talent.

What this opportunity has taught him is that he can be a leader as well. Kinney said he pays attention to the older players such as linemen Todd and Andrus Peat.

"Todd and Andrus are getting national attention. I just see how they are around people. I have a lot of role models on the team that I can model myself after," Kinney said.

Those role models have helped mold Kinney into a leader on the field. He has gained the respect of his teammates in the huddle, and says he's becoming more confident by the day.

"He's really done some neat things for us this year," Zamenski said.

Kinney said he wants to finish the season with a winning streak and gain some momentum for next season.

As he matures, Zamenski thinks Kinney will become truly special. He said Kinney can reach his potential by continuing to work hard and spending time in the film room. These are all things Kinney is prepared to do. With high expectations for himself, Kinney said he has to work hard to achieve his goals.

"I like to push myself and get pushed by other people to become the best I can," he said. "Coach Zamenski always says we can go as far as we let ourselves. I'd like to go as far as I can for football."

That's just fine with Zamenski, who feels Kinney has gotten off to a good start.

"We hope that he continues to progress at the rate that he has thus far," Zamenski said.

"If he does, great things are in store for him in the future."



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## Health Q&A

### Chronic pain sufferers benefit from new treatment options

By Minesh Zaveri, D.O.

While many of us may suffer occasional pain after a weekend in the garden or several games of tennis, millions of Americans suffer from serious chronic pain.

Suffering from chronic pain diminishes a person's ability to concentrate, do their job, perform daily living activities and sleep. In addition, the constant feeling of pain can lead to mental health issues such as depression.

Some of the most common types of chronic pain include arthritis, lower back, bone or joint pain, muscle pain and fibromyalgia. Physicians trained to deal with patients suffering from severe pain must look at the whole person. Treating pain in patients requires taking into account their needs, beliefs and personality.

Here are some frequently asked questions about treatment for chronic pain:

*Question: I've suffered with low back pain for several years, and my doctor wants me to get an epidural steroid injection. How will this help?*

*Answer:* Epidural steroid injections are a common treatment for low back pain so the patient can return to normal daily living activities. The injections are an anti-inflammatory corticosteroid drug placed in the epidural space of the back next to the spinal cord around the

inflamed nerves. The drug injection is intended to decrease inflammation, and in turn reduce pain. Prior to the epidural steroid injection, the physician typically will first administer a numbing medication, such as lidocaine, to the site.

*Q. I've been dealing with chronic pain for many years, and have already had back surgery and epidural injections. Are there other options?*

A. Based upon your symptoms, you could have failed back syndrome. You may be a candidate for spinal cord stimulation, a non-invasive, non-medication option to assist with chronic pain. A physician specializing in pain management can assist you in determining if this procedure is right for you.

*Q. Why did my doctor put me on an antidepressant drug when my problem was a pain disorder?*

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A. Some anti-depressants have pain relieving properties as well as antidepressant activity. Amitriptyline, commonly known as Elavil, is one of the oldest of the antidepressant agents used in the treatment of some types of pain. This category of drug can be used for pain without depression, depression without pain or in patients with a combination of pain with depression.

Q. *What is spinal stenosis of the low back?*

A. Lumbar spinal stenosis is a narrowing of the bony spinal tunnels or canals that are occupied by the spinal cord and its nerves. The narrowing can cause nerve pressure, irritation and pain with motion in the close-fitting canal. The bathing of the spinal cord and its nerves with injected medication can be helpful. In severe and debilitating cases, surgery may be necessary.

*Minesh Zaveri, D.O., is a board certified physician on the medical staff at St. Luke's Medical Center and Tempe St. Luke's Hospital. For a referral to a physician specializing in pain management, 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.*

## Volunteers sought for holiday block party

West Chandler residents who are looking for an opportunity to get involved in their community and have fun at the same time may want to consider volunteering at Chandler's first-ever Downtown Chandler Block Party to be held Saturday, Nov. 20.

The free event will be held from noon to 8 p.m. along Arizona Avenue between Chandler Boulevard and Frye Road. It is being organized by the Downtown Chandler Community Partnership and city of Chandler, and is expected to become an annual event. Volunteers are needed to help with event set-up/take-down, sign placement, parking and site upkeep. Shifts are available between 6 a.m. and 11 p.m. and volunteers will receive a free event tee shirt.

To volunteer, call the Downtown Chandler Community Partnership at 480-855-3539.

The Downtown Chandler Block Party will kick off the "Home for the Holidays" season and include a series of "mini events" that will showcase the festivals and special events offered year round downtown, including a farmers market, classic car show and art walk.

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## Notebook

From Page 11

4 seed behind Xavier, Chaparral, and Mountain Pointe. Coach Kelly was predicting a top five finish but concedes that all teams they may play in the state team tournament could be tough.

The Lady Aztecs started off defeating No. 13 Desert Mountain in the first round on Corona's home court. Next up was No. 5 Millennium in the quarterfinals. (Need to tell you tomorrow)

If they defeat Millennium, the Lady Aztecs faced No. 1 Xavier Oct. 20 are Horizon High School.

### Girl's Golf

Corona's girls golf team is on track for another top five finish in the state 5A tournament held Oct. 29-30 at the Del Ulrich golf course in Tucson, even with the new AIA regulations, according to head coach Pat Reed.

Her No. 1 golfer, Dana Finkelstein, has not faltered all season and has become the stable piece of Corona's team according to Reed. Alex Haun has also improved her game over the season, finishing in the top 10 at the Prescott Invitational in late September.

"If Dana can place in the top five at state, Alex in the top 15, and if Halie Carpenter, Brooke Taylor and Gabby Bochenek can score in the 80s, we have a great chance to finish in third place ahead of Chaparral and Salpointe," said Reed.

### Swimming

Corona's swim and dive team has two meets left to qualify for the state 5A meet under the new AIA regulations: Mesa's Last Chance Meet Oct. 23 and the City Dive and Swim Meet Oct. 27-28.

The only Corona diver to automatically qualify for the state meet is freshman Chloe Hacker, who currently stands at the top of the leader board and has a great chance to take first place in the 5A-I state meet.

With the new AIA rules, swimmers in each event must

— NOTEBOOK, Page 17



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# Notebook

From Page 16

meet a certain time to automatically and provisionally qualify to swim in the state meet. Only the top 24 times or marks will qualify.

An individual not in the top 24 can still compete if a top 24 swimmer doesn't compete.

A few individual Corona swimmers and relay teams are currently listed as provisional or in the top 24 in an event, but any toward the bottom of the ranking could easily be forced out by another swimmer in the next two weeks.

The boys team has one individual qualifier, Clay Meschke, who is No. 8 in the 100 backstroke and No. 19 in the 200 individual medley. Meschke will no doubt swim in the state meet, as will Emily Lewandowski, who is currently No. 6 in the 100 breaststroke. The only other individual girl swimmer is Taylor Thorn, currently provisionally ranked in the 100 backstroke (20) and the 100 butterfly (23).

Several Corona relay teams are currently in the top 24, including the boys 200 freestyle (21), 200 medley (23) and 400 freestyle (16) and the girls 200 medley (13) and the 400 freestyle (15).

## Sale of online sports photos to help with teacher's medical care

Longtime *Wrangler News* contributor Kris Cartwright, who has taken thousands of Corona athlete photos over the years, has now posted her entire selection online at [www.kriscartwright.smugmug.com](http://www.kriscartwright.smugmug.com).

Photos are grouped by sport and by event, and can be reviewed 24 hours a day.

The same photos will be available in printed form at low cost for a limited time, with all proceeds from their sale benefitting Corona faculty member Jvonne Foster, who faces ongoing medical treatment.

More details are available by contacting Cartwright at 602-620-7480.

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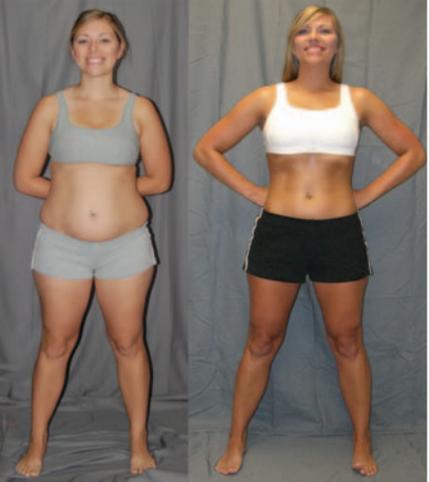
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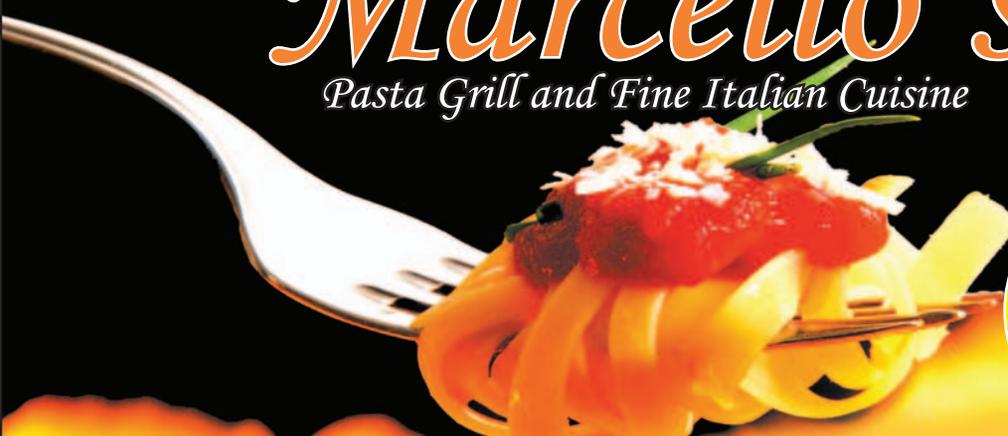
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With Mark Moorhead

## Original 'Invasion' still a good scare



If you're looking for a scary classic DVD for this month of ghouls and goblins, you might consider the original *Invasion of the Body Snatchers*.

In this 1956 classic, big parasitical seed pods from outer space hatch out duplicates identical to their human hosts, but devoid of emotion or passion. Our hero, Dr. Miles Bennell (Kevin McCarthy, who passed on last

month just four years shy of a century old) and his gorgeous girlfriend Becky (Dana Wynter) are soon the only non-snatched people left in their small California community, and everybody in town is chasing them.

Over the years the movie, based on Jack Finney's 1955 novel *The Body Snatchers*, has been interpreted as both a Right-Wing allegory of Communist infiltration (in a modern version, I suppose the Body Snatchers would have to be Muslims or Mexicans) and a Left-Wing parable of gradual acquiescence to middle-class conformity.

In all likelihood, it's neither, or rather both:

It's one of those flexible, resonant sci-fi myths on which almost any interpretation can be validly projected (*2001* is another of this sort).

The great, probably unintentional irony of the original *Body Snatchers* is that the characters are such generic '50s-style stock figures that there's really no significant, obvious difference between the before and the after.

It always struck me that in that final chase, as Miles and Becky flee, you can read the power of social pressure on Dana Wynter's ravishing face:

All her family and friends and neighbors have made the switch,

— MOORHEAD, Page 19

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## Moorhead

From Page 18

and the only person who hasn't is her sweaty, dirty, wild-eyed boyfriend, dragging her along by the arm.

It always seemed to me like she was looking at him narrowly, wondering if maybe she was on the wrong side.

I also always wondered if the Pod People weren't maybe a little overoptimistic about the perfect new emotion-free world they were founding. After all, having taken human form, isn't it possible that they'd find human responses re-asserting themselves?

There's a chilling scene in which a Pod Guy walks into the living room with an unhatched pod and says "Should I put this in with the baby?"

His wife replies "Yes, then they'll be no more crying."

It's a terrific, grimly comic moment, but it also implies that she finds the crying irritating. If you checked in with these Pod People after a few months of human-style family and workplace life, I wondered how calm and dispassionate you'd find them.

The film has been remade three times, by the way, and there have been

innumerable imitations and variations on the idea, like *The Stepford Wives*. But while the 1978 remake, starring Donald Sutherland, is excellent, none of the later movies can boast the original's tense atmosphere or lean, austere simplicity of style.

## Holiday performance planned by Childsplay

*Jingle Bells, Batman Smells!* returns to Tempe Center for the Arts for the holidays, running Nov. 20 through Dec. 24.

Directed by Childsplay Artistic Director and Founder David Saar, the production features many of Childsplay's most popular actors, notably Katie McFadzen as Junie B. Jones.

A preview performance is planned Nov. 14, with general-admission discount tickets available.

The show is recommended for young people age five and above and their families.

Tickets for the Steel Foundation Storybook Preview are \$12 general admission; price for adults for all other performances is \$25, \$20 for children, students and seniors.

Information and ticket sales: 480-350-2822 (press 0 for box office) or [www.childsplayaz.org/boxoffice](http://www.childsplayaz.org/boxoffice).



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### About Mary Lou Taylor

- ★ 8 years experience on Tempe Union High School Governing Board
- ★ 38 year public school teacher
- ★ 44 year resident of Tempe
- ★ 3 daughters, all graduates of TUHSD schools and ASU
- ★ Assistance League of the East Valley
- ★ Kiwanis Club of Tempe Nuevo, First Vice President
- ★ Founding President of Tempe Dollars for Scholarship

### What supporters in Tempe Union High School District say about Mary Lou Taylor

"Mary Lou has worked, and will continue to work, for teachers and students. She is a great asset to the TUHSD governing board. She has my vote!!"

**Betty Boles - Tempe Resident**

"I support Mary Lou. She brings real classroom experience to the TUHSD governing board."

**Mike Mendoza - Ahwatukee Businessman**

"Mary Lou's experience and her common sense approach to problem solving has been a tremendous asset to TUHSD."

**Onnie Shekerjian - Tempe City Counsel**

"Her leadership goal is student and family centered - to provide an educational experience that inspires each student to be his/her best. Mary Lou Taylor - experienced, committed, a proven leader."

**Guy Davidson - Pastor**

"As a parent of a former TUHSD student and as a active member of community affairs, the site based councils in particular, who has had engagements with the governing board over the years, I strongly endorse, and would recommend the continuation of Mary Lou Taylor on the TUHSD governing board."

**Mel Hannah - Ahwatukee Businessman**

"Mary Lou is always understanding, willing to help solve problems, and listens to teachers and parents. My wife and I have known Mary Lou for over 30 years. She is a very good friend."

**Karl Kiefer - Winningest High School Football Coach in Arizona.**

"Her commitment to education is noted not only as an experienced and knowledgeable Board Member but also by her participation in activities related toward educational scholarships and other community related activities which support students' educational needs."

**Dr. Ralph Goitia - Retired Tempe Elementary District Superintendent**

**Alice Goitia - Retired educator**

"Mary Lou understands the issues that we as parents are facing now and in the future. One of the things I admire about Mary Lou is her passion for trying to do what she feels is the right thing for the district. Mary Lou has the ability to communicate well with a wide variety of people and to listen to input from parents."

**Joan Johnson - Corona del Sol Parent**

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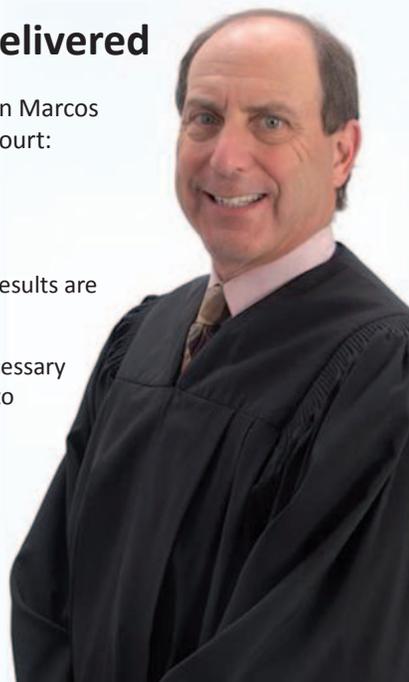
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## Phased move-in starts for new Chandler City Hall

Construction on Chandler's new City Hall complex is nearly complete, and workers began moving in on Oct. 20.

Utility billing staff were due to move Oct. 22, and the new Customer Service Center will open on the first floor of City Hall on Monday, Oct. 25.

As it does now, Chandler will continue its partnership with APS and share the service center and a utility bill payment drop-box located in the median in front of City Hall on westbound Chicago Street.

The City Clerk's Office, Neighborhood Resources Division and Housing and Redevelopment staff will move Oct. 29, and open in their new offices on Monday, Nov. 1.

Centerpiece of the new complex is the five-story, 120,000-square-foot City Hall office building on the east side of Arizona Avenue and the north side of Chicago Street.

The new tower will accommodate a number of departments and divisions, including: Mayor and Council, City Manager, City Clerk, City Attorney, Community Services Administration, Economic Development, Human Resources, Management Services (Accounting, Administration, Budget, Environmental Services, Purchasing, Risk Management, Tax and License and Utility Service, and Communications and Public Affairs.

Adjacent to City Hall to the southeast are new Council chambers and the production and broadcast studios of Chandler Channel 11, the city's government access station.

Vision Gallery, an art venue operated by the city for many years on the downtown square, will relocate to a 4,000-square-foot space on the southwest corner of the City Hall site. Additional municipal offices are on the south side of Chicago Street, along with a 330-space parking garage accessible from Washington Street.

The facilities on the ground floor of the parking garage include Neighborhood Resources and Housing and Redevelopment. The entire City Hall complex includes 137,000 square feet of office space.

Several departments and divisions will remain in their current facilities elsewhere in the city's downtown campus, including Transportation and Development, Information Technology, Courts and the Police and Fire departments.

Officials say the complex is designed to be a pedestrian-friendly

campus where many of the most used city services are easily accessible on the first floor of various buildings throughout the site.

It is estimated that pedestrians will be able to reach any location on the historic downtown square, as well as the Community Center, Senior Center, Library and Transportation and Development buildings in an easy walk of less than five minutes.

In addition, the complex will be enhanced by a sidewalk and street improvement project currently under development along Arizona Avenue that is expected to be completed by mid-November.

### Meetings to provide help to homeowners facing foreclosure

The city of Chandler and the Arizona Foreclosure Prevention Task Force will present a two-day event in November to help homeowners facing foreclosure.

The Foreclosure Survival and Prevention Workshops for Families will be held from 1-4:30 p.m. Friday, Nov. 5 and 9 a.m. - 1 p.m. Saturday, Nov. 6 at Chandler Community Center, 125 E. Commonwealth Ave.

The free workshops will provide homeowners who are struggling to keep their homes the opportunity to meet with their lenders and HUD certified counselors. Attending lenders will include Bank of America, Chase, Wells Fargo, U.S. Bank, CitiMortgage, SunTrust Mortgage and PNC Mortgage.

Presenters will provide information on foreclosure prevention, short sales, the Save My Home program, crisis budgeting, rebuilding after foreclosure, avoiding scams and dealing with upside-down mortgages.

Participants are encouraged to bring copies of the following documents to the workshops: closing packet for mortgages, recent bank statements, mortgage bills, federal tax returns for the last two years and pay stubs and/or unemployment documentation for the last two months.

Chandler had 590 homes in foreclosure in September. More than 11 million borrowers in the U. S. are said to be in danger of losing their homes.

Information: 480-782-4320.

Wrangler News is distributed every other Saturday throughout the year to 18,000 homes and rack locations in the Tempe 85284, 85283 and Chandler 85226 zip codes

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## Chandler Regional Medical Center listed among Best Places to Work in Healthcare

Chandler Regional Medical Center has placed 84th on *Modern Healthcare* magazine's list of Best Places to Work in Healthcare and 28th on the publication's list of hospitals with 1,000 or more employees.

Survey categories included overall employee engagement; work

environment; role satisfaction; relationship with supervisor; corporate culture and communications; leadership and planning; pay and benefits; and training and development.

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Whole House Remodels  
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VALLEYWIDE  
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4x6 gate - Iron/Wood Combo - \$289  
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Submit request to [www.customfenceandgates.com](http://www.customfenceandgates.com)  
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 Free Estimates

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**For Sale** — Home based small business. Education enrichment. Tempe, Chandler, Ahwatukee area. No overhead, no inventory. Perfect for former educator; stay at home mom. Call Jim 480-777-3410 8/28

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**Computer/Electronics** — Computer problems? Recover, install, fix. Contact Bill Kalaf, Certified Computer Examiner, at 480-215-8769 or email sickpc@cox.net. See our ad in *Guide to Neighborhood Services*.

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**Tutoring** — Remediation or enrichment in reading, math, writing, spelling, handwriting or study skills. 20 years experience with Master's Degree. Private, individualized lessons. Located near Warner/Rural. 480-838-1051. 9/11

## Service Directory

**A/C & Heating** — Your neighbors new air conditioner could have been installed by B3 Refrigeration. ROC# 229218 Call Today (602) 738-2581 to see if you qualify for FREE INTEREST for a YEAR, \$1500 TAX CREDIT, FREE ESTIMATES. Call (602)738-2581 TODAY. 8/11

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**Carpet** — Carpet Repairs. I can fix your carpet. Restretch, patch pet damage and spills, re-tack to tile, installation. Serving the valley since 1988. Licensed, bonded, insured. Your neighborhood carpet man. Call Dave 602-616-4544. ROC#080219. 9/11

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

**Electrical** — Iron Core Electric. We do residential and commercial electrical work ranging from additional circuits, service changeouts, troubleshooting, to small Commercial Tenant Improvements. Honest reliable to make you feel comfortable. Licensed-Bonded-Insured ROC198028, ROC242123 Call Jesse 480-235-2498 12/18

**Electrical**— Electrical services including Residential/Commercial Troubleshooting, Data, Cable, Phone, New circuits, Fans, Can lighting and more. Reasonable rates and On time service. Call Simon (480) 818-2101 for your free estimate. Visit us on the Web @ www.smkelectric.net. Licensed, Bonded and Insured. ROC 243593. See the ad for SMK Electric elsewhere in this issue.

**Exterminating** — Scorpions can be kept out of the home! Is your exterminating ineffective? Are you fearful of being stung? Call to learn how to keep scorpions out of your home. 480-820-7325. www.sealoutscorpions.com See our ad in the *Guide to Neighborhood Services*

**Flooring** — Don't spend too much on flooring! Save \$100s to \$1000s on carpet, laminate, hardwood, tile, vinyl & granite countertops. Call Bruce 602-809-4309 Discount Floors. Cheaper than Home Depot, Lowes and other stores. Free estimates. ROC159447. 5/11

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**Garage Door**—Honest Garage Door Service - Repairs and Installations of Garage Doors and Openers. Same Day 1 Hour Service. Available Weekends and Evenings at NO Extra Charge. \$39.95 Service Call (waived with most repairs / installations). Call 480-204-8765. (24/7). Not a licensed contractor. 12/18

**Gates/Fencing**—Custom Fences and Gates, Ornamental Iron Fabrication, We offer all types of fences, view fence, pool fence and others, 4x6 iron wood combo gate \$289, www.customfenceandgates.com, licensed, bonded, insured, ROC#230087, 602-254-8379 See our ad in *Guide to Neighborhood Services*.

**Gates/Fencing**—Sunset Fence, Inc. Raise your existing block wall to increase privacy and home value, or replace existing wood or concrete panel fences with a Sunset Fence block wall, serving the East Valley since 1977, licensed, bonded and insured. www.sunsetfence.com, 480-838-2870 See our ad in *Guide to Neighborhood Services*

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**Handyman** — Dave's Handyman Service. 602-295-3991. "Ask us if we can do it." Electrical, plumbing, doors & windows, drywall, painting, home remodeling. Lic. #169409ROC. See our ad in *Guide to Neighborhood Services*.

**Handyman** — Honey-Do Handyman – General Repair and Maintenance. Electrical, home entertainment hookups, plumbing, install ceiling fans, fixtures, phone jacks and most repair jobs. Clean, neat and dependable. 25 years experience. Not a licensed contractor - Make your list and call Ron 480-233-1834 or 480-736-1599. See our ad in *Guide to Neighborhood*

*Services.*

**Handyman** — Mi-Son Handyman home repair/remodeling. Specializing in kitchens/bath remodeling, electrical/ceiling fans, carpentry, plumbing, flooring, paint and roofing. We do it all, including trash removal, hauling, lock change, specializing in landlord, property management and Realtor needs. No job too large or small. 480-707-1221 or 602-330-5445. Call Mike or Sonia for estimates. Not a licensed contractor. 8/28/10

**Handyman** — Plumbing, electrical, drywall repair, interior/exterior painting. Honey-do lists welcome. Not a licensed contractor. Call Chris at 480-980-2442. 6/11

**Hauling/Cleanup** — Hauling, cleanup, remove dirt, rocks, concrete, unwanted items, junk, tree trimming and tree removal. Decorative rock spread. Call John for a free estimate. 480-231-3162. No job too small. 3/2012

**House Cleaning** — Personal Touch Cleaning Service. Affordable service with quality and reliability. 23 years experience, all supplies furnished. Call for free in-home estimate. Yes, I do windows. Excellent references. 480-838-4066 or 602-481-7000. Dar. 12/10

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**Landscaping** — Tedesco, Tree MD – 15 yrs of service, Tempe/Chandler. "We are dedicated to the craft and science of tree work". Pruning, Fertilizing, Problem Solving. Owner operated. Personal service, Insured, Bonded Arborist. 480-544-5693. See our ad in *Guide to Neighborhood Services*.

**Landscaping** — Yard cleanup and maintenance Trees/Shrubs Trimmed Lawn Service Debris Removal Weekly, bi-weekly, monthly or one time clean-up Call Rob 602-431-1305. 8/11

**Landscaping** — Custom Landscape Blueprints save you money. Yard overgrown? Dirt backyard? Work with a professional landscape designer before hiring a contractor or starting your do-it-yourself projects. Carolyn Walstad Landscape Design 602-679-9273. See our ad in *Guide to Neighborhood Services*

**Landscaping** — Greg's Landscaping - Free Estimates. Landscape design and installation. Sprinkler/irrigation and repair, landscape cleanup and hauling, tree trimming. 480-962-4167. 4/11

**Landscaping** — Landscape maintenance & installation. We provide quality work, dependable service, and we have English-speaking foremen. 10% of our profits are donated back to the community. Free quotes. KJE Landscape Maintenance www.KJELandscape.com ROC 263010. 480-586-8445. 3/11

**Landscaping** — Get Her Done Yard Care and Maintenance - One time clean-up or weekly or monthly service available. Free Estimates. Quality work at reasonable rates. \$10 Discount on first service over \$60. Call Eric 480-907-8278. 2/11

**Landscaping**—Desert Professional Landscaping – Landscaping clean-ups,

lawn service, palm tree trimming, skinning palms, tree removal, weed removal from rocks, pre-emergent, sprinkler systems, sprinklers & drips, time clocks, flagstone, pavers, Winter Seed. Nine years experience. Call 602-690-3813 8/10

**Landscaping** — Sprinklers, Valves, Timers, Repair or Install. Additional Landscaping Services available. Call 480-710-8738. 2/11

**Landscaping**—Corona Landscape - Installation, Maintenance and Repairs. Complete installations, Makeovers, Commercial and Residential Maintenance, Landscape, Lighting, Sprinkler and Drip systems, Irrigation Timers, Granite and Boulders, Flagstone, Pavers, Plants, Trees and SOD. We show up. Ed 602-373-9100 7/10

**Landscaping—Urgent Affordable Tree and Total Clean-up Service, We do all trees, trim, removal, prune, top, shape, haul away, clean-up, weeds, anything. You name it! Do it today. Call Vuna 480-600-7357 12/18**

**Landscaping**—Have shovel-will dig. Semi-retired man looking for work. 30 years experience with sprinkler systems. Call Harris 602-397-0119. See our ad in Guide to Neighborhood Services.

**Landscaping**—Lawn Core Aeration: SAVE WATER and prepare your lawn for overseeding and winterization. Reduce soil compaction and eliminate water run-off. FREE fertilizer application. 480-940-8196 www.ThePLUGman.com ROC #212226 All credit cards. See our ad in Guide to Neighborhood Services.

**Landscaping** — Jeff's Lawn Service. Weekly/Biweekly. Reliable/Reasonable. Call for a free estimate. 480-831-6460. 10/23

**Lighting** — Outdoor Lights. Buy system of 10 landscape lights & get 2 free! Call or visit us online (866)585-7898 www.iWantOutdoorLights.Com. CODE: 050479. 11/6

**Masonry** — Block & Rock Masonry, LLC. – BBQ Islands, Pizza Ovens, Outdoor Fireplaces, Fire Pits, Block Walls, Stucco, Pavers, Flagstone. Jesus Trujillo 480-251-5554. Licensed, Bonded ROC#242596. See our ad in Guide to Neighborhood Services.

**Painting** — Brassberrys Painting & Coating-Interior/Exterior Repaints, 32 Years Experience in the valley. Quality Products Used. Satisfaction Guaranteed. Commercial and Residential. Current References Available. Licensed/Bonded/Insured. Res. Lic#ROC107686. Com. Lic #ROC127135. Call 480-892-0463. See our ad in Guide to Neighborhood Services.

**Painting** — Village Painting – Interior/Exterior painting, drywall repair with texture matching, custom faux finishes, and cabinets. Small jobs also welcome. (ROC#069679) CALL (480) 814-1588. See our ad in Guide to Neighborhood Services.

**Painting** — L. Hardy Painting. Interior/Exterior painting, drywall, drywall repair and texture coating. Free estimate. Call 480-963-2498. Lic. #34/137206. See our ad in Guide to Neighborhood Services.

**Painting** — DZ Paint, Drywall & Wall Covering – A painting company with quality painters and affordable prices. Whether it's your home or your office, you name it, we'll paint it. Accent walls, garage floors, interior and exterior, commercial and residential. Give us a call for a free estimate. Licensed and Bonded. ROC #240852. Daniel 480-326-0851. See our ad in Guide to Neighborhood Services.

**Painting** — Vic's Painting We use Dunn Edwards Paints. Interior/Exterior Specialist. Experienced. Clean. Honest. Quality/Guaranteed. Not a licensed contractor. References available. Free Estimates. Call 480-820-5797 or 480-710-0034 Today! Visa/Master Card accepted. See our ad in Guide to Neighborhood Services.

**Painting** — Tyler's Decorating, specializing in complete interior painting, faux finishes, Venetian plasters, textured wall finishes, re-painting cabinets, crown moldings and wall paper removal. Color specialist/consultations available. Over 20 years experience. Excellent workmanship/references. For a free estimate, call Tyler at 480-940-7775 for all of your painting needs. 3/11

**Painting** — Surface-Tech Painting - Drywall Installation & Repair,

Wallpaper Removal, Epoxy, Staining & Lacquering, Texture Removal & Matching, Power Wash. Most types of Home Repair & Remodeling. Residential & Commercial. Licensed, bonded, insured. 480-584-9697. ROC#185572. See our ad in Guide to Neighborhood Services.

**Plumbing** — Cure All Plumbing- For all your plumbing needs. Water heaters, softeners, faucets, fixtures, drain and sewer cleaning, backflow and sprinkler service. Commercial/Residential ROC#204797 Free estimates 480-895-9838. See our ad in Guide to Neighborhood Services.

**Plumbing** — City-wide Plumbing & Service Co. Slab leak repairs, electronic leak detection, water heaters, RO systems & water softeners. Free estimates. 480-966-8795. www.citywideplumbing.us. Contractor's lic. #C-37 064 954 & L-37 086 764. See our ad in Guide to Neighborhood Services.

**Pool Care** — Arizona Oasis Pool Service & Repair. LLC. Weekly service, full service or chemicals only, repairs, pumps & filters. Insured, dependable & trustworthy, references available. Service starting at \$60/month. Professional family owned business. 480-694-1518. See our ad in Guide to Neighborhood Services.

**Pool Care** — Complete pool care-full weekly service-low cost-including chemicals-chemical only service-green pool clean up-DE/Cartridge cleaning-salt cell cleaning-repairs-acid wash-bonded & insured – honest and reliable- Call Tom 602-332-5342 or 480-940-1805 Baja Pool Care See our ad in Guide to Neighborhood Services

**Pool Care** — Over 30 years in the pool industry with reliable and dependable service. Additional services include pump, motor, filter and DE grid replacements. Hayward vacuum cleaner repairs. Call Charlotte 480-838-9102 2/11

**Pool Care** — Weekly Pool Service and Repairs, best service, budget prices. Professional Pool Service and Repair, Budget Prices to meet your needs, call us first! Free Month of pool service, mention Wrangler News and get additional 10% OFF on all services www.cooltimesinc.com. 480-818-8971. 5/11

**Remodeling** — JAK Construction Inc.. – Specializing in all phases of construction. Rain gutters, Downsprouts, Aluminum and Vinyl siding, AZ rooms, replacement windows & doors, overhang trims/eaves. We love small jobs! Call (480) 820-8711. Licensed, bonded and insured. ROC #112275. See our ad in Guide to Neighborhood Services.

**Remodeling** — Remodel contractor- R. Child Custom Carpentry, LLC. Plans to completion, carpentry, additions, patios, decks, concrete, drywall & stucco. Best prices for quality work. Since 1998. ROC B216115. 480-215-3373 See our ad in guide to neighborhood services

**Remodeling** — Cafarelli Construction offering residential and commercial work since 1974. Interior/Exterior, Kitchen & Bath, Room Additions. Licensed, bonded & insured. Lic#088929/101012. We are dedicated to the beauty of your home. 480-839-4452. See our ad elsewhere in this issue.

**Remodeling** — English Building Company, LLC. General Contractor, Your Neighborhood Contractor, Remodeling, Additions, Kitchens, Bathrooms, See Project Pictures and Customer references online at www.englishbuilding.net, Tempe Native,. Licensed, Bonded, Insured ROC 189470 Call today for a free estimate 480-603-8813 See our ad in Guide to Neighborhood Services

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**Remodeling** — Arizona Home Works, Room additions, remodeling, renovating, patio covers, family owned, licensed, bonded and insured, www.ArizonaHomeWorks.com 480-357-7078 See our ad in Guide to Neighborhood Services.

**Remodeling** — Foreclosure? Remodel Contractor:Concrete, Block, Carpentry, Drywall, Stucco, Tile, Roofing, Paint.I crew for all. Plans and permits. Tempe based 12 years. 480-215-3373. Roger or Roberta for free

estimates. 1/2011

**Roofing** — Bill's Awning and Construction. Reroof with lightweight stone-coated steel shingles, shakes or tiles. New roofing, reroofing, leak repairs, shingles, coatings. Free Estimates. Quality Workmanship. Ask for Cliff Frazier. 480-986-1606. See our ad in Guide to Neighborhood Services.

**Roofing** — Roofing specialist, 30 years experience, shingles, tile, shakes, flat roofs, leak repair and wood replacement. Free estimates. No Job too small. Licensed exempt, References available. Call Chuck 480-251-7886 11/10

**Roofing** — Shamrock Roofing Services. Specializing in residential reroofing and repair. Shingles, tile, shakes, foam and flat roofs. 24 years experience. shamrockroofing@live.com. #ROC244568 C-42 Bonded and Insured. 480-888-6648. See our ad in Guide to Neighborhood Services.

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**Sprinklers** — Aqua Masters Sprinkler & Drip Specialists. Specializing in sprinkler & drip irrigation maintenance, troubleshooting and repairs, system check-ups, leak detection, valves & heads, wiring & pressure problems. Free service call for 1st time customers. 480-478-0073. Quality service. www.AquaMastersAZ.com See our ad in Guide to Neighborhood Services.

**Tile/Granite** — Tile and Stone Installations. Lic., bonded and insured. Serving the valley since 1974. Discounts to Wrangler readers. Free estimates, call Bob Lukert. 480-510-4650. 6/2012

**Tile/Granite** — Bath and Kitchen Re-Caulk and Grout, Specialist in water damage repair and prevention, eliminate mildew and seepage from tub and shower, tile, drywall, trim and cabinetry repair, including cabinet finishes, Tom 480-560-4269 See our ad in Guide to Neighborhood Services

**Window Cleaning** — Arizona Sun Window Cleaning – Call Ryan for competitive pricing and quality, honest work. Interior and Exterior. Cleaning of bug and sun screens included. I can also clean ceiling fans. Locally owned. Call for an estimate. Ryan (480) 329-8023. www.arizonasunwindowcleaning.com 11/6

## Personal Services

**Health & Beauty** — Active Lifestyle Training, specialized in home strength training, full-body functional training for individuals or groups, lose weight and get toned, personalized to get results. www.XALTtraining.com, dawn@dawnkemmer.com 480-215-3668 See our ad in Guide to Neighborhood Services

**Live Music** —Make your next party or event one to remember, hire a live musician- soloist available for room temperature contemporary music or a full band for lively dance music, Many references available, Call Greg at 480-820-8394 or 602-460-8394. See our ad in Guide to Neighborhood Services

**Piano tuning & repair** — For over 20 years I have proudly tuned numerous pianos here in the valley. I can help you find an affordable used piano. \$80 piano tuning. Affordable repairs. Expert advice. Lawrence P. Cheatham, 480-316-0060. See our ad in Guide to Neighborhood Services

**Piano Lessons** — Qualified and patient piano instructor will come to your home. 15 years experience. Will teach children and adults of all skill levels. Making learning fun. Call Sandra 480-406-0138 or 480-969-9244. 11/20

**Miscellaneous** — Sort Your Space. Utilize all the space in your home or office. Rooms, closets, offices, garages, files, cupboards, kitchens, unpacking services. Diane Elliott, organizer. Insured, Free Estimates. 602-319-5279. sortyourspace@cox.net. See our ad in Guide to Neighborhood Services.

**Miscellaneous** — Images by Stone. Family portrait, weddings, commercial, special events. David Stone 480-329-5892 www.imagesbystone.com. See our ad in Guide to Neighborhood Services.

**Miscellaneous** — Gifted psychic at your service. Tarot readings, hypnosis, house blessings, ghost buster and tarot parties. Call Susie 480-626-1077. See our ad in Guide to Neighborhood Services.

**Private Art Lessons** — In my private studio. Instructor is experienced and degreed. Children, teens, adults and home schooled children welcome. All media and abilities. Weekly lessons. Call for interview. 480-838-2000. 5/11

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**Pet Services** — Pet Sitting. Have your pet pampered and cared for in the convenience of YOUR home. Bonded, insured. Member Pet Sitters International. References Available. Call Janice with Mrs. Doolittle, 831-9388. 2/11

**Pet Services** — Sue's Pet Friends – Tender Loving care in your home. Free initial visit. Daily and overnights available. Insured, Bonded, Member NAPPA and PSI. Serving Tempe, Chandler and Ahwatukee area 480-628-6958. See our ad in Guide to Neighborhood Services.

**Pet Services** — Pooper Scooper. Hate that poop? Love your pup! Call Mrs. Doolittle and she'll clean it up. Bonded and insured. 480-831-9388. 2/11

### For Sale

**For Sale** — S & W model 60 revolver, .357, 2 1/8 inch barrel, minimal use, perfect condition, holsters, speed loader, \$500. 480-897-6163. 10/23

**For Sale** — Hereford roping saddle. Good shape..15" seat \$350. Comes with wooden stand. Youth saddle w/covered stirrups... 12" seat...\$150. Call 623-326-6435. Can provide pictures. 10/23

**For Sale** — Drum Set Excellent beginner. Complete 5 piece blue D2 Drumkit by ddrum, with upgraded Remo heads and Zildjian ZBT cymbals. Paid \$875 asking \$425 firm. Call 480-580-4436. 11/6

### Transportation/Automotive

**Auto Parts & Service** — Protect Your Car's Interior: Call for a dealer near you! (480) 967-1675. Retractable Sunshade – no storing or rolling needed. Custom dashcovers – reduce glare and protect. Protect your seats – from kids, pets and spills. Dash Designs, Inc. 6014 S. Ash Ave. Tempe. www.dashdesigns.com. See our ad in Guide to Neighborhood Services

### Real Estate

**Short Sale Negotiator** for Homeowners — FREE short sale/loan modification consultation. Call Ann Adams & Associates at 480-777-3414 or 602-330-2323. Know your options. 1/11

**For Rent** — ASU Condo, 2BR, LR, DR, full kitchen, patios, partially furnished, on-site laundry, storage, assigned parking space, water included. On Orbit (free) and public buslines. Bedrooms \$425.00 each. 602 723-4401. 12/6

### Community Events

**Rummage Sale** — Tempe Church of Epiphany Rummage Sale. Friday, Oct 22, 7 a.m.-2 p.m. and Saturday, Oct 23, 7 a.m.-1 p.m. Treasures and bargains for everyone. 2222 S. Price Rd., Tempe. South of Broadway, west of Price. 10/23

**Craft Sale** — 33rd Annual Holiday Craft Sale. Holy Spirit Catholic Church, 1800 E. Libra Drive, Tempe, Friday, Nov. 5th from 12 noon – 8 p.m. Saturday, Nov. 6th from 9 a.m. – 6 p.m. Sunday, Nov 7th from 8 a.m. – 1 p.m. 10/23.

Place your ad by visiting [www.WranglerNews.com](http://www.WranglerNews.com). Cost is \$20 for 30 words online and in two consecutive issues. Call (480) 966-0845 from 9 to 5 Monday through Friday for frequency discounts and details about advertising packages that include your classified at no additional charge. Classified advertising deadline is 5 p.m. Monday for that week's issue. Thank you!

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Contreras State Farm Agency 

**Wrangler News**

# For teens and their parents: A 'crash course' in how to drive safely

Students from Corona del Sol High School, joined by their parents, learned first-hand the dangers of driving with cell phones and passenger distractions. The results were an eye-opening, hands-on lesson in how to drive more safely. — Story on facing page



## Teens gain hands-on experience The dangers of distracted driving

Story & photos by Preslie Hirsch

Car crashes are the number one killer of teens, and distracted driving is a huge factor. Sending a text message while driving is equivalent to having consumed four beers, essentially causing what experts say poses the same danger as driving drunk.

With statistics like this, Allstate Insurance is working to educate teen drivers.

In a session at Firebird Raceway, students from Corona del Sol High School, accompanied by their parents, streamed onto the track for a day of activities to help drive home some valuable lessons.

Participants used their own cars, driving around the track and completing four different challenges: A baseline run (no distractions); driving while talking on the phone; driving while texting; and driving with passenger distractions.

Quite an eye-opener, as it turned out. Allstate does the event annually, but every year it changes a little.

"A difference this year is we have teens and their parents going

through the course," said Kari Mather representing Allstate corporate relations. "Other years we have had just teens, but we have found parents still have a lot of influence on teens' lives."

"I think it was beneficial to my mom because now she understands she shouldn't be doing it either, and to set a good example," Corona sophomore Lilly Berkley said.

"I think it's great for the parents, they get to do it themselves. They realize, 'Wow I don't drive as good as I think I do'," said Chandler PD media relations representative Sgt. Joe Favazzo. "And when mom or dad are driving down the road texting or drinking coffee and eating a sandwich, and trying to talk on the phone and all these distractions, kids are watching that and think if mom or dad can do it, I can do it."

This program is brilliant for a number of reasons, one of them being that students can see consequences of their actions behind the wheel and get immediate feedback before they try the same behaviors on the street.

— DRIVING, Page 30



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### A Healthy High Five What You Need to Know About Arthritis of the Hand Thursday, Nov. 11

Jon J. Hanlon, M.D.  
6 – 7:30 p.m.

Tempe St. Luke's Hospital | Medical Office Building, Room 208  
1500 S. Mill Avenue | Tempe, AZ 85281

From eating to driving, we use our hands for almost everything that we do – so it's no surprise that arthritis occurs in multiple areas of the hand and at any age. Learn how to maintain the health and use of your hands in an interactive discussion about arthritis. Dr. Hanlon will discuss everything from rheumatoid arthritis to osteoarthritis, as well as prevention and treatment options for people experiencing pain and swelling in their hands.

### Say Hello to Holiday Health!

10 Holiday Health Tips

Thursday, Dec. 9

Presented by Jenel Day, R.D.

Food prepared by Chef William Redmond

6 – 7:30 p.m.

Tempe St. Luke's Hospital | Medical Office Building, Room 208  
1500 S. Mill Avenue | Tempe, AZ 85281

During the holiday season, it's easy to ignore the rules of healthy eating and tell ourselves we'll lose added weight after the holidays – but there is hope! Join Jenel Day, registered dietitian with the Bridges Center for Surgical Weight Management, for an interactive discussion about how to eat healthy through the holiday season. As a special treat, sample healthy alternatives to the traditional holiday meals that we love so much. Say goodbye to holiday weight and hello to holiday health!

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To learn more about upcoming health seminars at Tempe St. Luke's Hospital, visit [tempestlukeshospital.com](http://tempestlukeshospital.com) or call **1-877-351-WELL (9355)**.

# Driving

From Page 29

"We see these students drive through here with no distractions. Then you put a distraction in their hand and they get to experience firsthand what it's like to have to react to something," Favazzo said.

"They don't have to actually rear-end a vehicle or hit a person in a crosswalk. It gives these students a

chance to see reaction times. In fact, I just saw a student take out a few cones."

Favazzo has children who participated in one of the Allstate programs about eight years ago, noting that the car stereo was the biggest distraction at that time.

"Distracted driving is becoming a problem we didn't see as much before in law enforcement," Favazzo said. "With new technology, we are very social; we like to talk and text—it's become a new challenge for drivers and for law enforcement."

But what can be done about this dangerous habit that has been picked up by a majority of Americans?

"We are looking at the possibility of putting together a city code in Chandler, prohibiting texting while driving," Favazzo said.

"The reason laws go into effect, unfortunately, is that we as citizens do bad behavior over and over again, so we have to make a law saying 'okay, now stop doing this or you will be punished,'" Favazzo said.

It can be agreed that distracted driving endangers the person behind

the wheel and those around that person. In addition, it can be said that the distractions are ultimately unnecessary, or can wait until the vehicle is parked.

"I drive down the road everyday and, glancing side to side, I see adults driving and texting. I see women putting makeup on and drinking hot coffee—it's very dangerous," Favazzo said.

"Put your makeup on and eat at home. When we're driving we should be driving, for the safety of all of those around us."



**OCTOBER 2010**

13 US Air Force Academy Band *FREE* ..... 7pm  
 24 Cirque Shanghai Bai Xi ..... 7pm  
 29 Alpin Hong ..... 8pm

**NOVEMBER 2010**

12 Point Of Grace ..... 7pm  
 13 ABBA Mania ..... 8pm

**DECEMBER 2010**

20 Glenn Miller Orchestra ..... 7pm  
 26 & 31 Zoppé Italian Family Circus ..... 12pm & 4pm  
 27 - 30 Zoppé Italian Family Circus ..... 7pm  
 31 Zoppé Italian Family Circus ..... 7:30pm

**JANUARY 2011**

1 - 2 Zoppé Italian Family Circus ..... 12pm & 4pm  
 23 Golda's Balcony ..... 3pm

**FEBRUARY 2011**

12 Dancing On Ice ..... 7:30pm  
 13 Dancing On Ice ..... 3pm  
 19 Rita Coolidge ..... 7:30pm

**MARCH 2011**

4 AXIS Dance Company ..... 8pm  
 5 The Lennon Sisters ..... 7:30pm  
 13 Riders In The Sky ..... 3pm  
 19 Frank Sinatra Jr. .... 7:30pm  
 26 Ricky Skaggs & Kentucky Thunder ..... 7:30pm

**APRIL 2011**

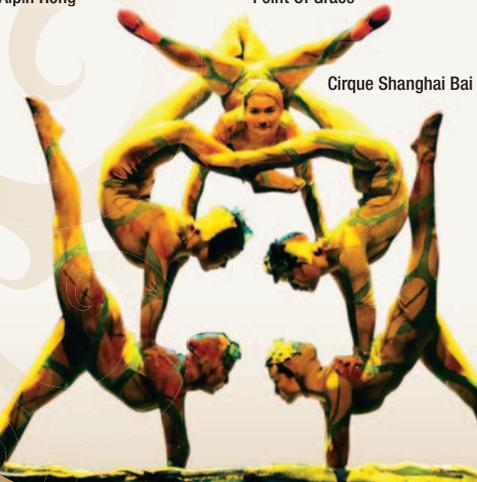
2 Steve Wariner ..... 8pm  
 8 Street Beat ..... 8pm  
 16 HOTEL CALIFORNIA Salute to the Eagles ..... 8pm  
 17 SPENCERS Theatre of Illusion ..... 3pm  
 30 Sierra Leone's REFUGEE ALL STARS ..... 8pm



Alpin Hong



Point Of Grace



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## Fantasy of Lights Parade

Come experience a winter wonderland on Saturday, Nov. 27, as floats, characters, marching bands and Santa Claus himself light up Mill Avenue for the annual Fantasy of Lights Opening Night Parade.

The parade kicks off at Third Street and Mill Avenue at 6 p.m. and ends near MADCAP Theaters when Santa arrives to hear children's gift requests and pose for pictures.

Families, neighborhoods and groups are invited to enter floats, bands, marching units, equestrian units and other novelty marching units.

If you're a spectator, come support Mill Avenue District businesses this holiday season by shopping in the Valley's most festive atmosphere.

For more information, visit [www.downtowntempe.com](http://www.downtowntempe.com) and click on "Fantasy of Lights."



## Tempe celebrates America Recycles Day with free-collection offerings

Tempe residents are invited to help the environment by participating in a free recycling event Saturday, Nov. 13, from 7 a.m. to 1 p.m., at the Tempe Household Products Collection Center, 1320 E. University Dr.

Residents are invited to participate in:

**Shred-A-Thon:** Bring confidential documents to be securely shredded.

**E-Waste:** Recycle your technology equipment. For information visit: [www.tempe.gov/hhw](http://www.tempe.gov/hhw)

**Household Hazardous Waste:** All items collected will be disposed or reused in an environmentally safe

manner. For information visit: [www.tempe.gov/hhw](http://www.tempe.gov/hhw)

**Bag Central Station:** Bring your plastic shopping bags to have them recycled. For information visit: [www.bagcentralstation.com](http://www.bagcentralstation.com)

**NIKE Reuse-A-Shoe:** Recycle your used, worn-out athletic shoes. For information visit: [www.nikereuseashoe.com](http://www.nikereuseashoe.com)

Each person who participates in the event will receive on FREE Tempe reusable shopping bag. A donation of one canned food item is requested.

For more information, call 480-350-8224 or visit [www.tempe.gov/recycling](http://www.tempe.gov/recycling).

## Tempe welcomes Ford Ironman Arizona Nov. 21

It's time again for more than 2,000 athletes to grab their running shoes, pull out their bikes and put on their swimsuits for the Ford Ironman Arizona.

The event, which happens Sunday, Nov. 21 in and around Tempe Town Lake, will feature athletes from Arizona and across the country competing in the

world's most rigorous triathlon. Come to Tempe Town Lake and watch as they are challenged through a 2.4-mile swim, a 112-mile bike ride and a 26.2-mile marathon. Athletes will race from 7 a.m. to midnight, when the event officially ends.

The day before Ironman Arizona, on Nov. 20, families are invited to

participate in their own 5K and 1-mile runs to raise funds for Chances for Children. The 5K race begins at 7 a.m. and the 1-mile run begins at 8 a.m.

Visit [www.ironmanarizona.com](http://www.ironmanarizona.com) for information on the race and events. Street closures and transit information will be available at [www.tempe.gov/streetclosures/](http://www.tempe.gov/streetclosures/).

## Annual parade honors veterans

Tempe will honor veterans at the annual Veteran's Day Parade on Thursday, Nov. 11. The parade will begin at 10 a.m. near ASU Gammage, at Mill Avenue and Apache Boulevard. It will continue north on Mill Avenue and end at Tempe Beach Park, at Mill Avenue and Rio Salado Parkway, with a brief ceremony at the park.

Veterans, high school bands, Boy Scouts, Girl Scouts and community members will participate in the parade. Mayor Hugh Hallman will be the parade's Grand Marshal.

For more information, call 480-968-0634.

## Mayor's State of the City

The Tempe Chamber of Commerce, in conjunction with the city of Tempe, presents Mayor Hugh Hallman's State of the City Address on Tuesday, Nov. 23, from 7-9 a.m., at The Buttes Resort, 2000 Westcourt Way.

The annual address features Mayor Hallman's vision and perspective on city issues. Civic, business and political leaders from across the Valley attend this event to hear the Mayor's annual update on Tempe.

The public is welcome to attend. To register, visit [www.tempechamber.org](http://www.tempechamber.org) or call 480-967-7891.

If you can't attend, Tempe 11 will rebroadcast the speech on Cox Channel 11 and make it available for viewing anytime at [www.tempe.gov.tempe11](http://www.tempe.gov.tempe11).

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