

# Wrangler NEWS

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Jan. 9 - 22, 2016 • Volume 27, No. 2

## Spirit of change coming to area churches in 2016

### Ugandan priest to lead St. Andrew

By Joyce Coronel

It's a brand new year, and churches have launched a variety of initiatives designed to stimulate growth in the spiritual lives of South Tempe and West Chandler residents.

At **St. Andrew Catholic church**, 2016 promises to be a year of both celebration and evangelization. The parish celebrates its 30th anniversary this month, and in February will install the Rev. Robert Aliunzi, a native of Uganda and Arizona resident since 2004, as its new pastor.

**Dayspring United Methodist Church** started the new year with a change in service times. As of this month, services will be held at 9, 10:30 and 11:40 a.m.

The Rev. Jeff Procter-Murphy, pastor of Dayspring, said the later start times should encourage more attendance at the 11:40 a.m. jazz-influenced communion service. There are other changes at the church as well.

"We're starting a new monthly bilingual service on the fourth Sunday of the month," Procter-Murphy said. That's in response to a new family from Chile who noted there were no Spanish-language Methodist services locally. The new service begins Jan. 24 at 1:30 p.m. "It's very exciting," said Procter-Murphy.

**Arizona Community Church** has a full slate of

new programming as well. Executive pastor Dan Knuff said that the church's vision is to connect, grow and serve.

"Every year we take one of those words and really focus on it. Last year we realized we needed to do a better job connecting people," Knuff said. "This year we said we really need to step up in the area of serving."

The church has sent missionaries to places like Latvia and Romania and is planning mission trips for this year as well, but they're also looking at ways they

— CHURCHES, Page 7

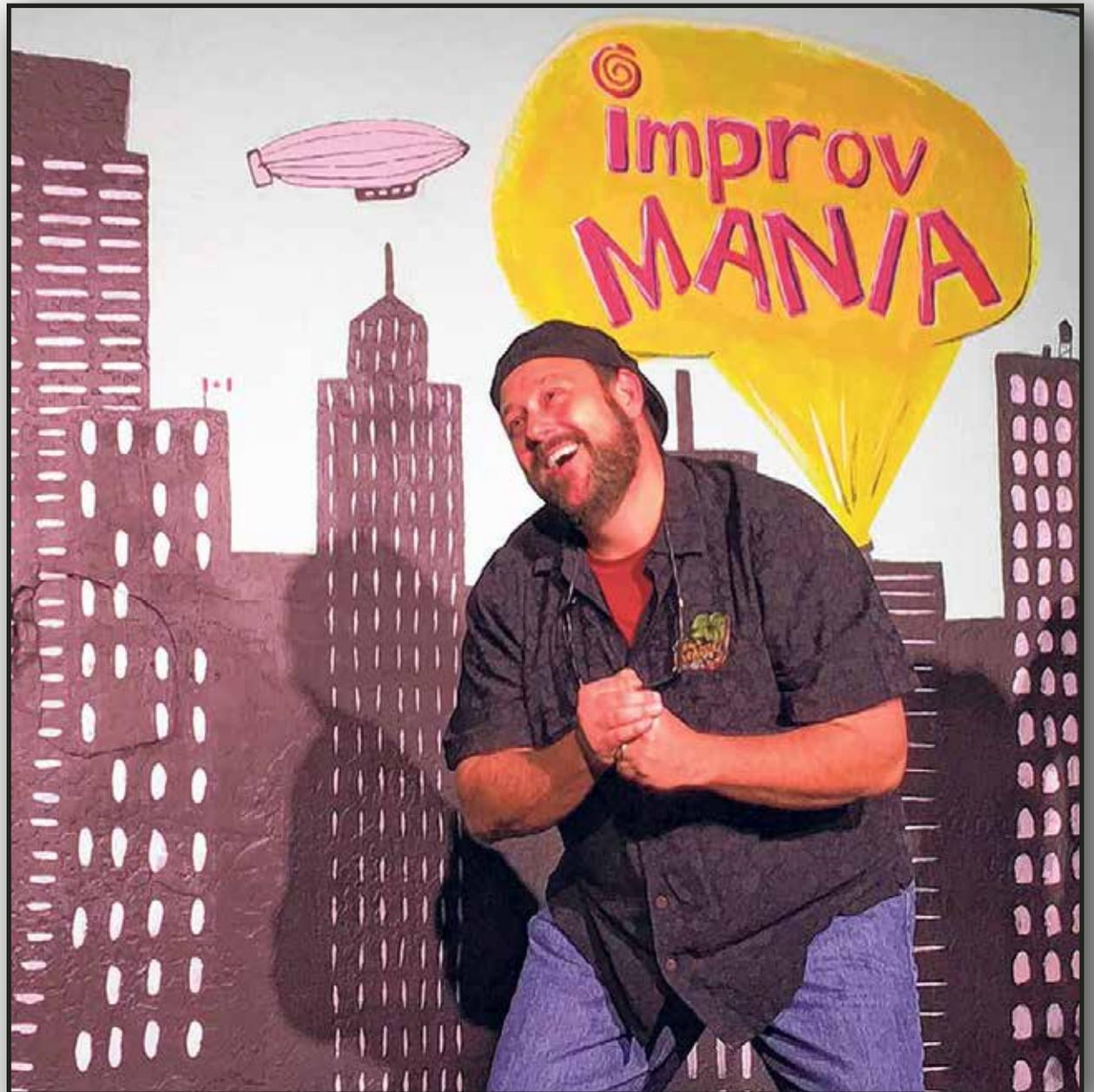


Dr. Tom Gus and friend: How pets make our lives better, Pg. 15



Corona senior Nathan Marshall's milk mustache scores a (really!) big win, Pg. 19

Inside



## COMIC RELIEF

### Improv gig lets attorney, audiences, laugh at life

By M.V. Moorhead

Thinking on one's feet is the trial lawyer's stock in trade—often crucial to whether the client wins or loses. Not infrequently, an attorney must try to convince people of something deeply improbable. So, how much has being an attorney helped Dave Fuller in his new pursuit, that of improv comedy actor? "Probably less than you'd imagine," says Fuller.

But then he reflects: "I've often heard that public speaking is the worst, even over death. That's kind of funny—you'd rather be in the casket than

— COMIC, Page 14

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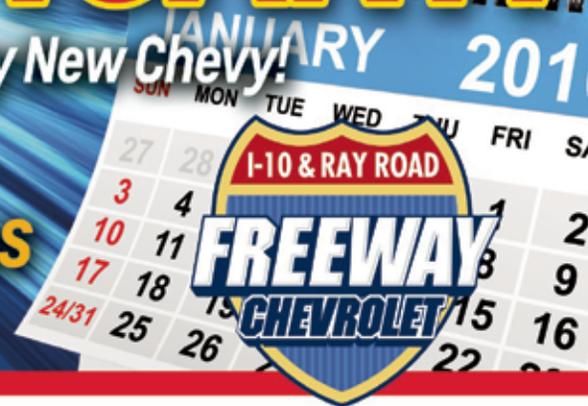
*More on Pg. 4*

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## Pre-emptive strike by city paramedics focuses on help before crisis strikes

Story & photo  
by Joyce Coronel

**A**n innovative program in Chandler is aimed at helping veterans connect with health care resources before a crisis erupts.

The new Community Involvement and Intervention Project involves specially trained paramedics collaborating with Veterans Administration nurse practitioners.

The Chandler Fire, Health and Medical Department worked in conjunction with the VA to develop the program at the behest of onetime Chandler City Councilman Bob Robson, Speaker Pro Tempore of the Arizona House of Representatives. Telemedicine will be one of the hallmarks of the effort.

Chief Jeff Clark of Chandler Fire, Health and Medical said the department is excited about the new program to help area veterans access their health benefits.

“We’re going to proactively visit veterans who are in need of health care and help treat them before their conditions become an emergency,” Clark said, lauding the efforts and vision of Robson.

Some 10,000 veterans live in Chandler, Clark said, noting that during the six-month-pilot program, the focus would be on educating them about “what their benefits are and connecting them with the health care they so richly deserve for the service they’ve provided this country.”

Tom Dwiggs, assistant chief of Chandler Fire, Health and Medical, said that many people, including veterans, have come to rely on the 9-1-1 emergency system because, for one reason or another, they don’t have access to a primary care physician.

“Whether they’re underinsured or they don’t have insurance or they don’t have a ride, or they have difficulties in navigating the health care system, they never see their primary care physician. What they end up doing is calling 9-1-1,” Dwiggs said.

“We would show up on scene, treat them and then refer them for primary care and they wouldn’t follow up. So they would get worse again and call 9-1-1. It was this endless cycle.”

The only way to break that cycle, Dwiggs said, was to get residents plugged into their benefits. The department came up with Community

— Continued on facing page

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Chandler Fire-Medical Chief Jeff Clark, left, listens as Dr. Hamed Abbaszadegan of the Veterans Administration describes the new Community Involvement and Intervention Project, an initiative encouraged by former Chandler Councilmember Bob Robson, right.

Paramedics, a unit that visits patients in Chandler before an emergency arises.

They went through their call log and discovered that many people are repetitive callers.

“The VA has created a way to

predict, based on a patient’s entire medical history, their family’s history, all these data points that they collect, they can tell us when somebody is close to having a medical crisis,” Dwiggins said.

Once the unit arrives at the house, the telemedicine aspect of the program kicks in. Community paramedics pull out their iPad and connect with a nurse practitioner at the V.A.

As the paramedic measures vitals, takes an EKG and listens to the patient’s lungs, the nurse stands by at the VA, ready to offer advice.

“What we’re doing, essentially, is a doctor’s visit in their living room,” Dwiggins said.

“These veterans, for whatever reason, they don’t have transportation or they’re confused on the whole health care process. It’s very intimidating for them...We’re making it easy now—they’re sitting in their favorite chair and we’re conducting a visit right there.”

Robson said he thinks the program will be a success and eventually spread nationwide.

“You’ve got a veteran that’s got a wound problem or a diabetes problem or whatever and they’re able to identify it right up front,” Robson said.

“A firefighter is knocking at your door to see how you’re doing — that’s where it’s going and that’s what a

veteran deserves.”

Dr. Hamed Abbaszadegan of the VA said that, many times, veterans have complex medical problems, often arising from “co-morbidities,” that is, the presence of two or more chronic diseases or conditions.

“We’re trying to find those people before they have any issues and reach out to them first,” Abbaszadegan said.

“We’ve seen everything from the common cold to strep throat to an ear infection,” Dwiggins said. “Some of these people they just don’t have any other avenues to get health care other than to use 9-1-1.”

Dwiggins recalled one patient who followed up with her physician and seemed motivated to get care, but wasn’t following discharge instructions.

Community paramedics discovered by interviewing her that she was functionally illiterate. It wasn’t that she wouldn’t cooperate — she couldn’t read the instructions.

“The veterans in Chandler are going to be better served and I think the veterans in the entire state, too,” Robson said.

“What better program? Firefighters helping veterans. It’s what they do.”

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# Resolved: A healthier 2016

By Jonathan Coronel

It's an all too common problem: people make their New Year's resolutions, vowing to become more active and improve their health in the 12 months that are about to unfold. Yet by March those once resolute goals wane, and by December the guilty feeling of another squandered year sets in.

People of all shapes and sizes encounter this: the fitness enthusiast who makes the lofty goal to run a marathon; the first-timer who just wants to shed some body fat.

Though there is no substitute for hard work and good old-fashioned sweat equity, some simple tips can definitely help people stay committed to their New Year's resolutions.

For example, a good initial goal is to set aside 20 minutes each day devoted solely to exercise. Studies show that even in this short amount of time, people can greatly reduce their risks of getting heart disease, diabetes or cancer.

"All too often beginners set these admirable but unachievable, goals like working out every day at 6 a.m. for an hour," said Ashley Flynn, who with

her parents Pat and Shannon moved to the Valley in 2012 and started a GNC franchise at Ray and Rural, applying their business knowledge from prior franchise experience to their lifelong passions of health and fitness.

"What happens is, after a week or two, they give up because it's just too hard. What they need to do is set reasonable, small goals in order to build healthy habits," Ashley tells me.

Stores like GNC sell supplements for people with goals that fall anywhere from bodybuilding or sports to simply staying healthy as age takes its toll.

The key with supplements is to use them truly just to augment the hard work you should already be doing. No amount of pills or powder will make a difference if you aren't putting in the work when it comes to being active and maintaining a healthy diet.

GNC, for its part, advises people trying to get in shape and improve their overall health to focus on four main categories of supplements: multivitamins, Omega-3s, probiotics and protein.

Multivitamins and Omega-3s provide the body with needed vitamins and minerals that promote

overall health. Probiotics are healthy bacteria that allow the body to absorb more minerals and aid digestion. Finally, protein, despite popular belief to the contrary, is beneficial for everyone, not just bodybuilders. These four types of supplements are a solid foundation of health and fitness when paired with regular exercise and healthy eating.

Another key to sticking to your New Year's resolutions is to surround yourself with people who will hold you accountable.

"We are family owned, and this really is our livelihood, so we take pride in being knowledgeable on health and fitness and building partnerships with our customers.

"It's a lot easier to stay on track when you have people supporting you and holding you accountable," Ashley's Mom Shannon says.

By setting achievable goals, staying consistent, building a network of friends and family to hold yourself accountable and complementing your exercise and diet with the right supplements, you can stick to your 2016 resolutions and look forward to a healthier and happier you.

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# Churches

From Page 1

can continue to impact the local community. The church is works alongside the Chandler Christian Community Center.

“We are open to new partnerships,” Knuff said, citing the benevolence program the church has which touches the lives of both members and non-members of ACC. Those who have lost their jobs, homes or are struggling with health have turned to the program for assistance and the church will continue such efforts in 2016.

The church already has a Saturday evening service and is hoping to add a Sunday evening service during 2016 too. That time might be more appealing to teens and young adults, said Kay Ree of ACC. “We have the older generation but our pastors are looking to reach more young adults and young families,” Ree added.

First Baptist Church of Tempe is planning a trip to Israel in March where members can have a firsthand look at the places where Jesus Christ lived and ministered. They’ll be visiting Galilee, Capernaum and the Mount of Olives as well as numerous other biblical sites.

The church is in the midst of its Legacy Project, a plan to build a new worship facility. They’ve already raised more than \$1.5 million and are hoping to begin construction later this year.

Kim Blum, director of women’s ministries at First Baptist, said a survey of the parish revealed a need for more women’s Bible studies and increased opportunities to enjoy social time together.

“Every month there will be a girls’ night out event,” Blum said. “It’s going to range anywhere from going to a play together or the movies. In December, we’ll do a Christmas scavenger hunt. We’re working hard to provide opportunities for women to just hang out.”

And at Gethsemane Lutheran, there’s a new worship leader, Nathan Huse, with plans underway to build a new worship space.

“Two of our services are currently held in the gym,” Pastor Troy Schmidt told Wrangler News.

“We have a need to expand. We’re launching a building campaign and hope to break ground in the spring.”

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# Music. . . a renewed labor of love as the year unfolds on a high note

For many South Tempe and West Chandler residents, the New Year is an opportunity for personal change and growth. Perhaps it's a new fitness routines or healthier eating habits, but for some, a longtime local business offers the chance to strike a new chord in 2016.

The Music Store on Baseline Road just east of the Loop 101 has shared the gift of music with hundreds of children and adults through the years. Jon Paul Escobedo, who co-owns the store with Merri Lewter, said he's been connected with the business for 29 years, first as a guitar, drum and bass teacher. As he sat and strummed a classical guitar, he spoke about what his life work has meant.

"I have the best job ever. I am the luckiest guy in the world," Escobedo said. "We love music and we love helping people find answers so they

can most successfully enjoy music."

The Music Store sells and rents musical instruments and offers an array of sheet music. There's a studio on the premises, too, where a variety of musical instruments are taught.

"Whether it's helping customers find a book or the right instrument and the right teacher, I'm constantly being reminded by others how music has affected their lives," Escobedo said.

Research shows that children who study music tend to have larger vocabularies and more advanced reading skills than their peers who do not study music.

"I think music, like general knowledge, is mentally stimulating and inspirational," Escobedo said.

Cory Fornier, who has been associated with The Music Store since 1996, said much the same. Music, he said, helps kids grow socially and



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become more well-rounded individuals.

“Music is one of the first things where some of these young students bond with adults — an adult who is a teacher but almost like a peer because you share that passion for music,” Fornier said.

He began teaching guitar when he was a senior in high school. Later, he worked at The Music Store as a guitar salesman, teaching guitar in the afternoons.

Fornier keeps the lessons light-hearted and fun and has developed quite a following through the years.

Kids are able to have fun and be a little silly and yet learn something at the same time. “I try to make it a very non-threatening endeavor,” Fornier said.

“A lot of students have I think, really grown socially, I’ve seen that again and again over the years.

Fornier, who teaches electric, acoustic and bass guitar as well as the mandolin and ukulele, is one of several teachers connected with The Music Store. Other instructors offer lessons in piano, flute, saxophone, violin, viola, cello, drums and brass.

“We offer 500 lessons a week,” Escobedo said.



J.P. Escobedo, co-owner of The Music Store, strums one of the guitars on display at the longtime East Valley location.

“Families wanting their children to be educated will never ever go out of fashion.” Escobedo and Fornier are also both active in their churches. Escobedo said he tells his church band his philosophy and that it applies to The Music Store as well: “We are here to make great music, we are here to change people’s lives we are here to have fun.”

Fornier’s influence stretches further than the studio. He’s been involved at Corona del Sol High School for quite a while. Each May, he plays guitar for the end-of-the-year pops concert the school offers.

“It’s the only concert that’s based on rock music and has a full, live rock band,” Fornier said. “I play primarily guitar.”

He lauded The Music Store’s musical instrument rental program as a way to help kids discover the joy of music without parents having to break the bank.

“Being a child is all about trying lots of different things,” Fornier said. “Musical instruments can be a fairly significant investment, so it’s important to try it before you commit.”

Although he used to offer lessons primarily in the afterschool hours, these days he’s developed a following among the homeschool and retiree crowds.

“I work from about 11 in the morning until 7 or 8 at night on average,” Fornier said.

He’s also managed to pass on his love of music to daughter, Lilly, 8.

“She just completed a group ukulele class. We recently bought her own ukulele and now that her class is over we’re starting to play together.”

Information: [TheMusicStore.com](http://TheMusicStore.com) or 480-831-9691.

— Article and photo by Joyce Coronel

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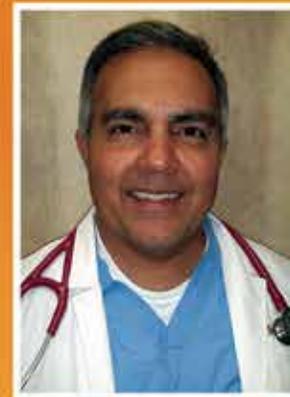
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# Sports

By Alex Zener

## Holiday break draws wide focus on tournaments

Tempe area high school athletic teams participated in several tournaments over the holiday break.

### Corona Boys Soccer

Picked in the preseason to be one of the top five Division I boys soccer teams, Corona is currently ranked No. 4, sporting an 8-2-1 record midway through the regular 2015-16 season.

Over the holidays, the Aztecs made it all the way to the Black Division semifinals in the Arizona Soccer Showcase played Dec. 31 at Reach 11 Sports Complex before losing to Copper Canyon.

Among those named to the all-tournament team were Corona's **John Rea** and **Ryan Flood**.

The No. 4 Division I-ranked Aztecs are led in goals by Rea who is averaging over two goals a match, followed by Flood, **Michael Lopez** and **Austin Delaney**, all averaging over 0.5 goals a match.

Assist leaders include Flood, Rea and sophomore **Preston Grayson**.

Corona's starting goalkeeper **Josh Whitney** has only allowed two goals against the Aztecs in 10 regular season games. **Riley Burgmier** and **Isaiah Garay** are the backup goal keepers.

Other members of the team helping the Aztecs maintain their outstanding record on and off the field offensively and defensively include seniors **Marco Lohavajaya** and **Jacob Onofrio**; juniors **Brenden Murphy** and **Conor Thorne**; sophomores **Marco Escobedo** and **Mitchell Carpenter**; and freshman **Emilio Echerivel**.

Corona was scheduled to play Campo Verde and Queen creek Jan. 8 before playing two away games, Jan. 15 at Mountain Pointe and Jan. 19 at Hamilton, the No. 1 ranked team in the state.

The last three games of the season are home games against Chandler, Jan. 22; Perry, Jan. 27; and Horizon Jan. 28.

### Corona Wrestling

The Aztecs took home the championship trophy at the Moon Valley Invitational Dec. 18-19, scoring 655 points or 165 more than runner-up Boulder Creek.

**Ryan Farina** was an individual champion while **Marc Farina**, **Hunter Carmona** and **Michael Santa Cruz** finished in second place. **Cole Bernstein** and **Diego Fill** took third place.

Corona's other wrestlers earning points for the team were **Cam Upshur** with a fifth place finish and **Zack Kvale**, **Bradley Buchholz** and **Nick Ruffalo** placed sixth. **Jacob Santa Cruz** finished in seventh place.

Up next, the Aztecs were scheduled to compete in a dual meet against Hamilton and Ironwood Ridge on Jan. 6 before competing in the Mile High Challenge at Tim's Toyota Center in Prescott Valley on Jan. 8-9.

### Corona Boys Basketball

The Aztecs played a challenging schedule over the break, including two out-of-state teams in the Hoopall West Invitational held at Chaparral High School against St. Anthony from New Jersey on Dec. 18, and Garfield out of Washington, Dec. 19. Corona lost both games, 68-58 to St. Anthony and 76-66 against Garfield.

Corona, without Dane Kuiper, now at University of New Mexico, and Marvin Bagley III, has had to rely this season on the guard play of **Alex Barcello**, **Terrell Henderson** and **Saben Lee**.

Barcello played a superb game against St. Anthony's, hitting 11 of his 15 shot attempts including 5 treys to score 31 points. Lee stepped up to show he could also put up big numbers, scoring 26 points, hitting 11 of his 20 shots, when Garfield limited Barcello in Corona's second game.

The Aztecs then played Dec. 28-31 in the Visit Mesa Challenge, losing their first two games to out-of-state American Fork from Utah, 74-62, and Federal Way from Washington, 66-59, before going 1-1 with two Arizona teams.

Corona's three guards scored all but one of the points against American Fork, led by Lee with 25. Henderson and Barcello each scored 18.

Corona lost to Chaparral 59-57 but rebounded with a strong 20-point win, 80-60, over Glendale Mountain Ridge in their final game.

Barcello was named to the Visit Mesa Challenge all-tournament team after another high-scoring game, this time against Mountain Ridge, where he went 6 for 9 on his 3-point attempts and scored 26 points.

Barcello was also named No. 2 on azcentral's top 10 performers for December.

The Aztecs enter the rest of the season ranked at No. 8 in Division I with a 6-6 record. They were scheduled to play at No. 17-ranked Desert Vista Jan. 8, which promised to be an interesting game. The Thunder most likely were out to avenge their loss in last season's state championship game to the Aztecs.

On Jan. 12 Corona will face Hamilton at home before playing at Mountain View on Jan. 15 and at Shadow Mountain at Wells Fargo Arena on Jan. 18.

### Marvin Bagley III

It appears that **Marvin Bagley III**, who helped Corona capture its fourth consecutive Division I state championship last season, has found a new school and basketball team after being home-schooled most of the fall semester.

He left Corona the first week of school to enroll at Hillcrest, a new national prep basketball academy in Phoenix, after his dad was hired as an associate coach. After being disillusioned and leaving Hillcrest after a couple of weeks, it was rumored he may try to return to Corona.

It was recently reported, though, by ESPN and a Los Angeles newspaper that Bagley is enrolling at Sierra Canyon in Chatsworth, Calif. Sierra Canyon is the defending California Interscholastic Federation champion.

It's not a given that Bagley will be eligible to play this season at Sierra Canyon but the paperwork was to be submitted to the California Interscholastic Federation Southern Section seeking eligibility approval, according to Sierra Canyon Coach Ty Nichols.

### McClintock Holiday Shootout

Marcos de Niza, Tempe and McClintock high school boys basketball teams played in the McClintock Holiday Shootout at McClintock high school Dec. 26-30.

Tempe lost to Mesa 66-48 and Dobson 75-50 but defeated Arcadia 69-55.

Marcos defeated West View 68-65 and Sunrise Mountain 86-85 in triple overtime while losing to Chandler 83-73 and Dobson 83-69.

The Padres' **Mason Stark** had a game high 33 point, and **Chris Buchanon** 23 points while **Davigughn Reagan** had five rebounds and three assists in their triple overtime win against Sunrise Mountain.

McClintock won three out of four games, defeating Sunrise Mountain 54-49, Chandler 81-78 and Brophy 65-62 but lost to Desert Mountain 82-72.

McClintock's senior point-guard **Amiri Chukwuemeka** led all scorers at the McClintock Shootout scoring 104 points in the Chargers four games. Those points included his 38 points in McClintock's 81-78 win over Chandler where he hit 4 of his 12 3-point attempts.

Chukwuemeka became McClintock's all-time leading scorer in the school's 51-year history during their win over Chandler and was named to the all-tournament team. His performance helped him to place No. 10 on the azcentral's list of top performers in Dec.

Chukwuemeka's teammate **Malique Washington** scored 83 total points in the four tournament games while Marcos de Niza's **Mason Stark** scored 97 in four games.



## Lady Aztecs on the defense

Corona del Sol's Leilani Peat (14) and Hope Frazier (4) try to get to ball from Dobson's Shauna Bribiescas (25) during a girls basketball game in Tempe on Jan. 5. Dobson won 41 to 53. For more photos visit [www.wranglernews.com](http://www.wranglernews.com).

— Wrangler News photo by Ana Ramirez

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# Kyrene Traditional Academy embraces worldwide 'Hour of Code' movement

By Diana Whittle

The “Hour of Code” is a global movement to teach kids the importance of developing computer skills. It’s reaching tens of millions of students in more than 180 countries, with some of the program’s most recent participants being the students at Kyrene Traditional Academy in West Chandler.

“I credit Kyrene teacher and parent Jen Woolf for bringing this innovative and worthwhile educational program to my attention,” said Marianne Lescher, principal of KTA.

Woolf’s husband is an engineer and the couple is the parents of two KTA students. Both shared their enthusiasm for the coding skills that the program Hour of Code develops and created a “Star Wars” themed activity for the students to complete on the computer.

Worldwide, the Hour of Code can be scheduled by anyone in any country early in December. Although that period has passed, it recurs annually and is said to be appropriate for both children and adults.

The organization’s website says that no experience is needed because they provide one-hour, online tutorials for free in more than 40 languages. To date 198,979 Hour of Code events have been staged all over the globe, since its beginning in 2013.

KTA chose to focus all their efforts on one day, which was Thursday, Dec. 10, because, as Lescher says, she’s “kind of a Go Big or Go Home Girl,” so

jumping in feet first seemed appropriate to her.

“When I talked it over with the other KTA teachers, it was evident that they enthusiastically thought we should give the program a try. So, we planned a day where all the grades would have a 45-minute unit on coding.”

To Lescher’s delight, the students displayed great interest in the event and seemed to want more.

“The experience was fantastic—I can honestly say that 100 percent of the kids seemed to be engaged, excited and enthusiastically participating, which is certainly not the case with most activities.”

As a result of the school’s participation in the computer skills program, a new club has formed on campus and the gifted students will have an eight-week unit that focuses on coding for computers.

“The teachers were just as jazzed about the Hour of Code as the students. So the teaching staff continues to come up with ideas to expand the program at KTA and to integrate more computer-oriented educational activities into our curriculum,” said Lescher.

Code.org is a non-profit that was started by Hadi Partovi and his twin brother Ali. He made millions in Silicon Valley and, by following the philanthropic lead of Bill Gates, became dedicated to sharing his knowledge of the computer and coding. His goal is to expand access to computer science technology and to increase participation by women and under-represented students of color in the field.

Locally, Lescher is grateful to have learned about the program, which will be an annual event at KTA.

“We know that more and more of the good paying jobs in the future will require the ability to code and use the computer, so the sooner kids learn these skills the better,” said Lescher.

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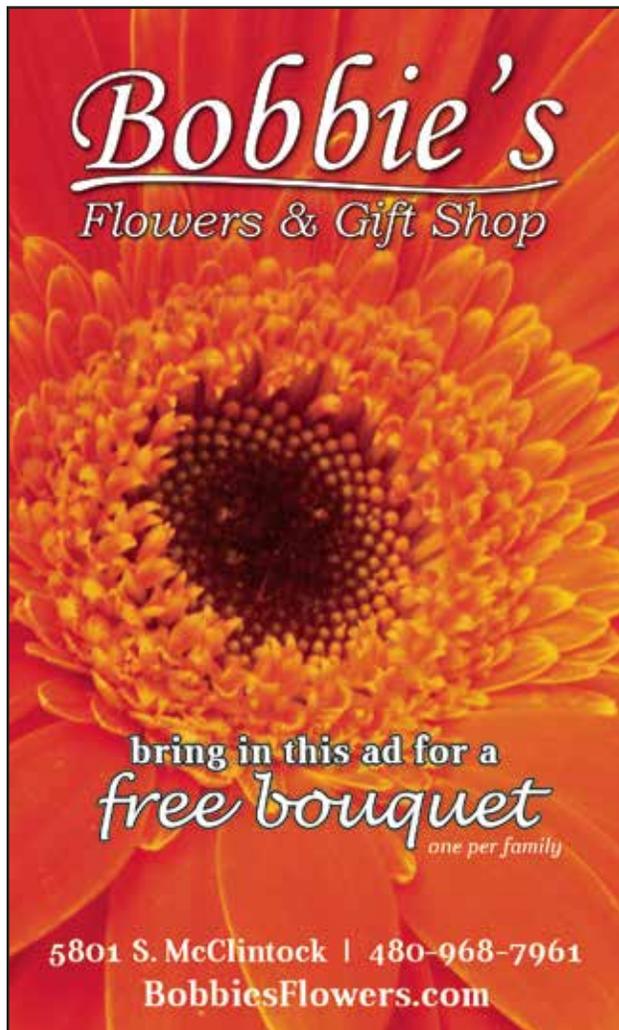
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Photo courtesy of Brooke MacCella Photography

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[chandlerweddingwalk.com](http://chandlerweddingwalk.com)

## Comic

From Page 1

delivering the eulogy.”

Being a lawyer has, at least, relieved Fuller of that particular fear.

“I really like comedy,” says the West Chandler resident, who oversees 80 or 90 contract attorneys for the Public Defender’s office of the city of Phoenix. “I took a beginners’ improv class and then an intermediate class and then an advanced class.”

Said classes were with ImprovMANIA, the sketch-comedy group which performs Friday and Saturday evenings in downtown



Fuller in 'real life,' with wife Tara.

Chandler at 7 and 9 p.m. (“7 o’clock is PG; 9 o’clock is PG-13”). The teacher was ImprovMANIA co-founder Dave Specht.

“The guy’s hilarious, and a really great guy,” says Fuller. Apparently Specht must have seen something he liked in Fuller’s classwork, because, “He invited me to do the mainstage show. [ImprovMANIA] is kind of growing, so he wants to develop a Thursday night troupe.”

Fuller hopes to be part of that troupe, and he wouldn’t mind being invited to participate in the mainstage show again, either. Fuller grew up on the south side of Chicago, attending Northern Illinois University and DePaul Law School, but he knew from the start that he wanted to practice law

here in Arizona. “I took the Arizona Bar first,” he admits, “because I knew I wanted to be out here...The sky is bluer, the clouds are whiter; it’s like living in an episode of *The Simpsons*.”

After working for five years with the public defender’s office, however, “I got lured back to Illinois,” says Fuller, for a lucrative job opportunity. Soon after his return, the difference in climate was forcefully driven home to him.

“I moved back close to Christmastime. One day at work there was an announcement: ‘If anyone lives up the hill, you have to leave now, there’s an icy rain coming.’”

Informed that he did, indeed, live up the hill, Fuller went to his Jeep, only to have the door handle snap off in his hand. “I literally looked at the sky and said ‘Lord, what did I do?’”

Though the few years that he spent back in Illinois were not without value—it was there that he met his wife—he returned to Arizona as soon as opportunity allowed. While he had participated, back in Illinois, in *Legal Follies*—“kind of a skit variety show, for charity”—it’s the pace of his life here in Arizona that has allowed him to seriously explore his interest in comedy.

“It was partly because I took this job rather than having my own firm that I was able to do [Improv],” he notes. “That, and the kids being older.”

So, what have his classes and his initial performances taught him about the art that he didn’t know before?

“Don’t try to be clever or funny,” he says without hesitation. “Once you’ve established your reality, don’t try to squeeze in a witty line.”

The characters that Fuller creates range from familiar to preposterous:

“Sometimes I’ll do a Southside Chicago priest. I did the mother of a teenage girl. I don’t know what I’m doing until the audience makes the suggestion. Once I was a panda bear.”

Go to [improvmania.net](http://improvmania.net) for details on *Improvmania* performances and classes.

## Spring training tickets on sale in February

Does it seem too early to think about Cactus League Spring Training?

It’s not, when you consider that tickets to games at Tempe Diablo Stadium are already on sale online and will be sold at the stadium box office next month

The Los Angeles Angels of Anaheim return to their spring

training home in Tempe for the home opener on Thursday, March 3.

The season will run through March 29 at the stadium, 2200 W.

Alameda Drive.

Tickets are on sale now at [www.ticketmaster.com](http://www.ticketmaster.com), or at the stadium box office beginning Saturday, Feb. 20.

Visit [www.tempe.gov/diablo](http://www.tempe.gov/diablo) for information on games, tickets, stadium hours, directions and parking.



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- 23 Deana Martin Honoring Dean Martin & Frank Sinatra . . . . . 7:30pm
- 29 Moscow Festival Ballet presents Don Quixote. . . . . 7:30pm
- 30 Fiesta Mexico-Americana with Los Lobos . . . . . 7:30pm

### February 2016

- 6 The Wellington International Ukulele Orchestra . . . . . 7:30pm
- 12 Tap Factory . . . . . 7:30pm
- 14 The Summit *The Manhattan Transfer meets Take 6* . . . . . 7pm
- 20 Frankie Avalon. . . . . 7:30pm
- 21 Lee Ann Womack . . . . . 7pm
- 27 Steppin' Out LIVE with Ben Vereen & Trio . . . . . 7:30pm

### March 2016

- 4 The Second City Fully Loaded . . . . . 7:30pm
- 5 Vicki Lawrence & Mama: A Two Woman Show . . . . . 7:30pm
- 8-13 Tony n' Tina's Wedding . . . . . Times Vary
- 18 Rita Rudner . . . . . 7:30pm
- 25 Flamenco Kings starring Los Vivancos . . . . . 7:30pm

### April 2016

- 1 The von Trapps . . . . . 7:30pm

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Dr. Thomas Gus says a wagging tail and a happy face can bring smiles all around.

— Wrangler News photo by Alex J. Walker

# For whatever ails you, a pet in your life could be just what the doctor ordered

By Deborah Hilcove

If you don't already own a pet, you might like to reconsider and make it a New Year's resolution. Swedish research suggests early exposure to dogs and other animals can reduce children's asthma risks. Nursing homes and hospitals often encourage visiting therapy dogs to lower stress. Dr. Lois Krahn of Mayo Clinic's Center for Sleep Medicine in Scottsdale, says a pet in the bedroom might encourage better sleep. And *Psychology Today* says owning a dog will make a single male appear smarter, more attractive and sexier.

Once you own a dog—or cat, bird or exotic

animal—you'll find the field of pet medicine has exploded, similar to human medicine.

Many veterinary clinics now offer MRIs, ultrasound and laser surgeries, as well artificial limbs, cancer treatment and root canals. Diabetic cats can have insulin injections, even kidney transplants. Dogs can have a total hip—or an elbow or knee—replacement, and those with congenital heart defects can receive corrective surgery.

University and private laboratories are experimenting with gene therapy and recombinant DNA, laying the groundwork for biotechnical advances in cheaper, more efficient drug production.

Researchers at the University of Arizona are experimenting with a vaccine to prevent canine Valley Fever. In 2012, a commercial DNA blood test for Labrador retrievers was developed to detect hip dysplasia, the most common inherited orthopedic trait in dogs.

Dr. Thomas Gus, director of Tempe's renown University Animal Hospital, discussed some of the latest innovations in imaging and treatment technology.

"Whereas pets used to be outdoor animals, they've been brought indoors. And as they've become part of

—VET, Page 16

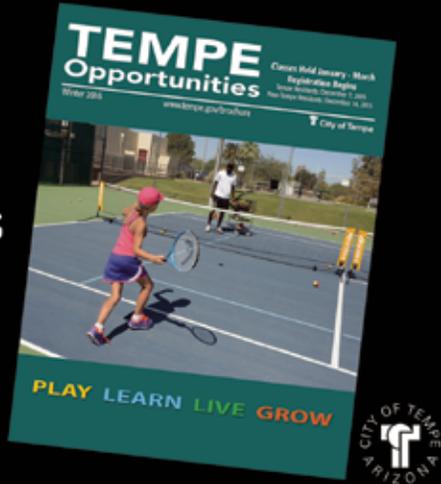


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## Vet

From Page 15

the family, owners are spending more on them. Last year, pet owners spent more than \$14 billion on veterinarian care.”

He continues:

“Veterinarians are adopting many new technologies and choosing less-invasive options. This minimizes the cost and allows better outcomes. For example, we can use a needle biopsy to locate a mass or tumor, instead of opening a larger area for exploration and removal.

“Greater accuracy means less trauma with fewer complications. For soft tissue, laser surgery is precise and seals the blood vessels as it cuts. There’s less blood loss and faster healing.”

One of the promising advances in veterinary medicine is an MRI, especially for neurologic, orthopedic and soft tissue treatments, and for cardiac disease studies. However, because an MRI is relatively expensive and requires anesthesia to keep the animal still, the less expensive ultrasound without anesthesia is often used. Another relatively new technology borrowed from human medicine is endoscopy, using scopes and fiber-optics with miniature video cameras to look into body cavities.

“X-rays, too, have been improved,” Gus says. “They’re digitized. Now we can have a specialist anywhere in the world look at the X-rays and offer interpretations.”

Because of losses due to trauma, birth or disease, scientists have been working with stem cell therapy for animal replacement implants. For example, some dogs are born without normal gut lining. Scientists at Johns Hopkins Children’s Center and the University of Pittsburgh have

successfully regenerated and implanted healthy, functioning intestinal lining in dog colons.

Technology has introduced 3D printing which lays down microscopically thin layers of filaments instead of the ink image we’ve come to accept as commonplace. Some experiments involve collagen or stem cells as filament. These layers build on one another, producing models of organs or bones, allowing veterinarians and surgeons to grasp the internal structure and pet owners to understand surgical procedures.

“Even though we have all these advancements for better treatment, faster and more accurate diagnosis,” Gus says, “a lot of veterinary medicine is like the old kind of medicine. It’s the ‘Marcus Welby’ sort of medicine, where you have to know the whole body and an entire range of diseases and symptoms. It’s changing, though, and you’ll see veterinarians who specialize in dentistry or dermatology or cardiology—all the specialties of human medicine.”

But, according to Gus, some of the best advice for pet owners is to maintain a healthy diet along with appropriate vaccines and plenty of exercise. To prevent the heartache of loss, he adds, be sure to microchip your pet, making that a great resolution for 2016.

For further information:

University Animal Hospital, 2500 S. Hardy Drive, Tempe. Online at [www.universityvet.com](http://www.universityvet.com);

Therapy Dogs International, [www.tdi-dog.org](http://www.tdi-dog.org)

Mayo Clinic Center for Sleep Medicine, [www.mayoclinic.org](http://www.mayoclinic.org)

University of Arizona Valley Fever Center for Excellence, [www.vfce.arizona.edu/valleyfeverinpets](http://www.vfce.arizona.edu/valleyfeverinpets)

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# What does 2016 hold for this family bakery? Turns out it's a little bit of 'Everything'



Great Harvest bakers: Not just loafin'

— Wrangler News photo by Billy Hardiman

By M.V. Moorhead

By tradition, the new year is a time to look both backward and forward, to take stock of the year just past and to make plans for the year ahead.

This can apply not just to individuals but to businesses.

Take for instance, Great Harvest Bread

Company. The bakery, at Warner and McClintock in Tempe, is now a decade old and, according to co-founder Leslie Walston, "2015 was a good year for us."

Great Harvest makes its figurative bread by making literal bread, handcrafted daily from scratch. This past year, Walston points to "some new recipes." Notably among them: "We have an Everything Bread."

It comes by its moniker honestly, as it's made from a mixture of "white flour, wheat flour, flaxseed, garlic, cornmeal, sesame seeds, sunflower seeds...and there's more," though of course some of it is a secret.

But, Walston assures us, "It is a nice, crunchy, savory bread. It's got a nice garlicky oniony flavor, and it's got all the crunchy stuff, too."

OK, sold.

But tempting as a Great Harvest sandwich sounds on a couple of slices of Everything Bread, Walston insists that, "We're keeping our ears to the

ground to see what else we could come up with.

"Sometimes the inspiration comes when somebody on staff, or even a customer, says, 'Hey, how about this?' And we say, 'that's a great idea.'"

Ah, but of course the new year is also the traditional time for resolutions, among the

commonest being improvements to one's diet. If somebody were trying, say, to go gluten-free in 2016, could Great Harvest help them out?

"We could," says Walston. "We do gluten-free bread on Tuesdays. It's not a huge part of our business, but I'd say it's an important part of our business."

As if to observe its previously noted pledge to consider all suggestions, the bakery offers those coping with this dreary dietary restriction more than one option:

"I have a couple of different sandwich breads," said Walston—"one that's basic and one that's got seeds in it, kind of multi-seed. We've also got cinnamon bread, with no raisins in it. Works great for toast."

No doubt. But...no raisins? What if you like raisins?

No problem.

"We do raisins on a custom basis," says Walston.

Great Harvest Bread Company is located at 1730 E. Warner Road in Tempe, and is open Monday through Friday from 7 a.m. to 6 p.m., Saturdays from 7 to 5. For details call 480-777-1411 or go to [tempegreatharvest.com](http://tempegreatharvest.com).

According to that website, by the way, Great Harvest is "closed Sundays for loafin'"—a sure sign they're not just makin' bread, but havin' fun, too.

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# Quadraplegic since a teen, 30 years hasn't diminished his resolve to be independent

By Joyce Coronel

**G**reg Wickenburg has a dream. No, he doesn't want to fly to Maui or hurtle through space on a trip to the moon.

Wickenburg wants to be able to drive himself to a friend's house. Or the doctor's office. Or even the dog park so his faithful companion, Roo, can bark and run and play.

Thirty years ago, as a teenager, Wickenburg was in a serious car accident that left him paralyzed.

A C/5 quadriplegic, he's spent the last 30 years in a motorized wheelchair. Most days, he reads books on his Kindle or watches television. Once a week, he goes to one of the doctors who specializes in his care.

"I am paralyzed from the shoulders down but I can move my biceps. I can't straighten back out without gravity. No wrist, no fingers. So it's just my arms that can move a little bit," Wickenburg told *Wrangler News*.

His caregivers, his mother and his sister, won't always be there, he knows.

"Being so dependent on others to take care of my needs, driving me to weekly doctor's appointments — the idea of being able to go somewhere by myself would be life-changing. They can't drive me around forever," Wickenburg said.

Dr. Mark Wilson of Chandler has been Wickenburg's family practice physician for 10 years. Both men love dogs, so when Wickenburg showed up with Roo, there was an almost instant connection.

"No matter how good he feels or how bad he feels with his different symptoms, he's always come in with a smile and, actually, a pretty good attitude," Wilson said. "And you don't see that very often with patients very often nowadays."

Wickenburg recently found out

about a van that's been adapted so quadriplegics can drive.

Joanne Wickenburg, Greg's mom, remembers how she felt when she saw her son test-drive the vehicle. It was the first time he'd taken the wheel in 30 years.

"I just cried watching him go up the street. It was intense," Joanne said. A van that he could operate on his own would be "the best thing that ever happened to him," she added.

Wickenburg's current vehicle, a 1995 Ford Windstar van, is on its last legs. It's starting to cost more in upkeep than it's worth, he said.

"My current van actually broke down and had me stranded twice when we first moved here," Wickenburg said.

That was before the family had a cell phone. It was 110 degrees outside and they weren't close to anyplace that might offer help. Fortunately, a police officer came to their assistance.

The second time the van broke down, the Wickenburgs wound up near a family that was just moving in. They were able to hang out for a few hours while they tried to find a taxi that was wheelchair accessible.

One of the issues Wickenburg has been having is that the air conditioner in his current van blows cool air up front — but not in back where he sits.

Spinal cord injury patients don't control their body temperature well, and getting overheated causes something called autonomic dysreflexia, which leads to soaring blood pressure, pounding headaches, and a nasty sense of claustrophobia. Any discomfort can cause this, but pain and overheating are the most common.

Greg started a GoFundMe campaign in hopes of getting a newer van.

"My goal is to raise enough funds to help get a new van, or (at least)



a newer van. But my dream is to maybe get a van I can drive myself," Wickenburg said. "If I could actually do it, I think it would be life-changing. Just to be able to go somewhere by myself, go to even doctor's appointments. It's been a long time since I've been able to go anywhere by myself other than taking the dog for a walk." Wickenburg was a junior in high school when he suffered the devastating injury.

Is it really possible or even feasible for a quadriplegic to drive himself around? Wilson thinks so.

"He probably can't drive in major traffic, but to have the ability to see me or see the neurologist or the other specialist would give him more independence.

"That's huge," Wilson said.

"It would be an ego boost. He's not that old. Look at what we're doing with the VA guys that are blown up...they get a leg, they get an arm, they get a lot of (physical therapy)—they get them strong and then they can go skiing, they can go fishing, they can hike Mount Everest. It's attainable."

Wickenburg, Wilson added, is a gracious person.

"He almost always says thanks at

the end, and not many patients do that. Greg's the opposite. The last thing is for him to beg...He would benefit and his quality of life would be much better. It will take a while but it's something that he can do," Wilson said.

Would-be donors can visit Wickenburg's GoFundMe page at [gofundme.com/qe6wk5jg](http://gofundme.com/qe6wk5jg).

They can also drop off checks at Chase Bank. The account number 779510705 should be included on the check.

So far, Wickenburg has raised just \$3,200. A reliable, wheelchair-accessible, used van would cost \$30,000.

A newer model with a power ramp system costs about \$65,000. For the version with the addition of a joy stick that would allow him to drive independently, the price tag is a bit higher: \$150,000 - \$175,000.

"I think one reason the funds are coming in slow is the cost just scares people away. I would like people to know that every little bit helps," Wickenburg said.

"If I can get enough to help with even a newer used mini-van it would be greatly appreciated."

# Milk mustache a \$12,000 (gulp!) winner for Corona boy

For nearly 50 years, Arizona dairy farmers have been offering students a chance to win big by submitting a photo that captures the role milk plays in fueling active minds and bodies.

Top prize: A \$12,000 college scholarship. This year's winner, 4.0 GPA Corona del Sol senior Nathan Marshall, plays on the school's four-time state championship basketball team and is a member of the National Honor Society and the Good Samaritan Club at Corona.

Arizona Milk Producers and United Dairymen of Arizona sponsor the annual competition.



Photo by Nathan Marshall



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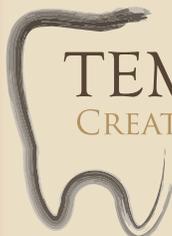
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# Film Fare . . . with M.V. Moorhead

## 'Tis the season for our best-of-show picks

**P**roud though I am to be a founding member of Phoenix Film Critics Society, the Society's choices for Best Picture are not always the same as mine.

This year, however, we agree—both PFCS and I lead our list with Tom McCarthy's gripping *Spotlight*. The rest of the PFCS awards for 2015 may be read at [phoenixfilmcriticssociety.org](http://phoenixfilmcriticssociety.org); my Top 10 list is here:

**1. Spotlight**—A team of investigative journalists for the Boston Globe reveals that priests molested children and the Diocese systematically covered it up. Deeply depressing and maddening material made inspiring by the hushed, convincing tension of Tom McCarthy's direction, and the superb acting ensemble, superbly led by Michael Keaton, Mark Ruffalo, Rachel McAdams and especially Liev Schreiber.

**2. The Big Short**—More depressing material made palatable, though not less infuriating: The 2008 collapse of the housing market played for revue-sketch laughs. Director Adam McKay uses his wacky comedy skills to turn the outrage into a Brechtian variety show with snappy turns from Steve Carrell, Ryan Gosling, Brad Pitt and Christian Bale, among many others.

**3. Inside Out**—This animated feature from Pixar, dramatizing the inner life of a twelve-year-old girl by personifying her emotions, is so fast and complex that its nuances may be lost on kids—or even on grown-ups, if they only see it once. But it's intensely imagined and emotionally potent, and can probably be fairly called a masterpiece.

**4. Brooklyn**—Saoirse Ronan plays a young woman from Ireland who immigrates to the title borough in the 1950s, works, finds love, endures homesickness and heartbreak, and finds herself torn between her old and new homes. John Crowley's radiant adaptation of Colm Toibin's novel is sweet without sentimentality, and Ronan's performance is deeply sympathetic.

**5. Carol**—Todd Haynes brings his period touch to this impeccable adaptation of Patricia Highsmith's 1952 Sapphic romance *The Price of Salt*. Affluent, elegant New Jersey rich lady Cate Blanchett and aspiring photographer Rooney Mara meet in a department store and are instantly riveted by each other, but, needless to say, things do not go smoothly.

**6. Straight Outta Compton**—Directed by F. Gary Gray, this chronicle of hip hop legends N.W.A. is one of the year's juiciest entertainments, full of terrific acting and music and laughs and heart. The standout in the strong cast is Jason Mitchell, touchingly pensive as Eric "Easy-E" Wright.

**7. Bridge of Spies**—Yet another midcentury period piece, this Cold War drama directed by Steven Spielberg concerns the exchange, brokered by lawyer James Donovan (Tom Hanks), of Soviet spy Rudolf Abel (Mark Rylance) for American U2 pilot Francis Gary Powers (Austin Sowell). Hanks is reliably excellent, and Rylance gives one of the best performances of the year.

**8. The Martian**—Ridley Scott's direction makes a polished setting for the role of Matt Damon's career, as an astronaut stranded on the Red Planet and struggling to survive. It's a convincing, touching and funny Tom Swift tale, and the '70s music on the soundtrack is eccentric but apt.

**9. Ant-Man**—This year's Guardians of the Galaxy, a big-budget Marvel movie based on relatively obscure source material that's goofy fun. Paul Rudd shines as the title warrior, capable of shifting from human to ant size at will and also of commanding the loyalty of ants, and director Peyton Reed uses the big-to-dinky perspective on the action to hilarious effect.

**10. Creed**—The Rocky franchise may not have much juice left in it, but this tale of Apollo Creed's son, directed by Ryan Coogler and starring Michael B. Jordan (both of the unforgettable Fruitvale Station) in the title role was worth the squeeze. Sylvester Stallone slips entertainingly back into the role of Rocky, the kid's trainer.

Here are few of this list's very near-misses:

*Chi-Raq*, *Shaun the Sheep Movie*, *Jurassic World*, *It Follows*, *Trumbo*, *The Good Dinosaur*, *The Visit*, *Mad Max: Fury Road*, *Pitch Perfect 2*, *Jupiter Ascending* and *Pawn Sacrifice*. Also, not many people here noticed Zhang Yimou's period drama from China, *Coming Home*, starring the great Gong Li, but it was powerful.

Oh yeah, and that sequel to that space opera from back in 1977 by the guy who made *American Graffiti*? That wasn't bad, either.

### Chandler Fashion 20 to host some of Greater Phoenix Jewish Film Festival's 2015 best

**H**arkins Shea in Scottsdale, Harkins Arrowhead in Peoria—this year's Greater Phoenix Jewish Film Festival has screenings and events worth checking out all over the Valley.

It even kicks off, on Thursday, Feb. 11, with a party at Phoenix art Museum celebrating the Fest's 20 years of bringing "Great Films with a Little Jewish Flavor" to area audiences—GPJFF claims to be the

Valley's longest-running film festival.

But for our purposes here, we're focusing on the GPJFF films showing, between Feb. 14 and Feb. 28, at Harkins Chandler Fashion 20. These highlights include such diverse selections as:

**Serial (Bad) Weddings** (3 p.m. Sunday, Feb. 14)—This French comedy concerns a Catholic family whose daughters keep marrying outside the faith, one to a Jew, one to a Muslim, and so forth. Cultural, racial and religious tolerances are tested.

**Dough** (3 p.m. Sunday, Feb. 21)—The great Jonathan Pryce stars in this British comedy in which the title appears to have both a literal and figurative meaning. Pryce plays an Orthodox baker whose shop is failing until the challah gets an accidental extra herbal ingredient from an employee, a Muslim refugee from Darfur.

**Free Men** (7 p.m. Monday, Feb. 22)—Another selection from France, this one's from 2012. It dramatizes the remarkable and little-known story of Algerian Muslims active in the French Resistance during the Nazi Occupation, and of their work helping Jews. The Chandler screening will feature guest speaker Rabbi Dean Shapiro of Temple Emmanuel in Tempe.

**Rock in the Red Zone** (7 p.m. Tuesday, Feb. 23)—This Israeli documentary from director Laura Bialis explores the rock scene in the war-torn city of Sderot. Arizona Republic film critic Bill Goodykoontz will speak at the Chandler screening.

**Bad Faith** (3 p.m. Wednesday, Feb. 24)—More French cross-cultural tensions show up in this comedy. A Muslim man and a Jewish woman, neither observant, find themselves expecting, and telling their respective traditional families about their spouses' respective backgrounds proves awkward.

**To Life!** (7 p.m. Wednesday, Feb. 24)—This German comedy-drama portrays the bond between a young man and an aging Jewish cabaret singer with a haunted past. Jack B. Silver, director of the Jewish Counseling Program at Jewish Family and Children's Services, will speak at the Chandler show.

**Secrets of War** (7 p.m. Thursday, Feb. 25)—Adapted from the young adult novel by Jacques Vriens, this Dutch drama depicts the effect of the Nazi Occupation on two boyhood friends in a small town in the Netherlands in 1943. Rabbi Kenneth Leitner of Temple Beth Shalom is slated to speak.

**Once in a Lifetime** (3 p.m. Sunday, Feb. 23)—This offering is also from France. Based on a true story, it's about an inner-city teacher who brings her students a new understanding of the Holocaust.

Go to [gpjff.org](http://gpjff.org) for the full schedule and details.



## Orbit Saturn expected to debut in 2017

Tempe will expand its popular, free neighborhood circulator system with the addition of the Orbit Saturn route in south Tempe in October 2017. The City Council approved the expansion of the Orbit system in November after years of study, discussion and resident input. It will be the first Orbit route south of the U.S. 60 freeway.

Orbit Saturn will connect residents who live between the Tempe Public Library and Elliot Road with schools, shopping and other neighborhood destinations, as well as other Orbit routes and several Valley Metro bus routes that travel to destinations like downtown Tempe, Arizona State University, Arizona Mills, Valley Metro rail and destinations throughout the Valley.

Over the past year, area residents participated in a multi-phase planning process for the new route, sharing their

preferences for points of interest, hours and frequency of service, as well as providing feedback on draft route options.

Resident John Linda and his wife, Signe, live in the Optimist Park neighborhood and participated in public meetings to help plan the new route.

“The approved route is within walking distance from where we live, and more importantly, it now includes a stop at the Tempe Public Library complex, which was a high priority for many people at the forums,” said Linda.

Neighborhood circulator service was part of the Tempe Transit Tax approved by voters in 1996, with the five existing routes – Mercury, Venus, Earth, Mars and Jupiter – implemented between 2007 and 2008.

For more information, visit [www.tempe.gov/orbit](http://www.tempe.gov/orbit).

## Contribute views during February budget forum

The City of Tempe will hold a public forum to inform community members about the city’s operating and Capital Improvement Program (CIP) budgets, and to hear their priorities for the 2016-17 fiscal year and beyond.

The forum will be held at 6 p.m. on Wednesday, Feb. 24, at 6 p.m. at the Tempe History Museum, 809 E. Southern Ave.

The city’s operating budget covers everyday expenses, such as employee salaries and health benefits, while CIP projects range from major equipment replacements and street improvements to new facilities and building updates.

The two categories of expenses are budgeted separately.

For details on the formulation of budgets for the 2016-17 fiscal year, as well as projected dates for City Council discussions on both the operating and capital budgets, visit [www.tempe.gov/budgetplan](http://www.tempe.gov/budgetplan).

## Classes for HOAs

Tempe’s Neighborhood Services Division, in conjunction with local attorney Beth Mulcahy, is offering informative classes for Homeowners Association (HOA) leaders and residents early next year.

These free classes will be offered Thursday, Jan. 21, from 1-3 p.m. and Thursday, Jan. 28, from 6-8 p.m.

Both will happen at the Tempe History Museum, 809 E. Southern Ave.

The Jan. 21 class will focus on dealing with difficult people in associations and running effective board meetings.

The Jan. 28 class will focus on amending CC&Rs and working effectively with rental properties. Refreshments will be provided.

For more information, visit [www.tempe.gov/neighborhoods](http://www.tempe.gov/neighborhoods).



## Certified candidates announced for Tempe’s March 8 General/Special Election

Tempe City Clerk Brigitta Kuiper has confirmed that the names of one Mayoral candidate and six City Council candidates will appear on the city’s March 8 General/Special Election ballot.

There will be one election in the spring rather than a Primary Election and a General Election.

According to a city Charter amendment approved by voters in 2012, if no more than two candidates file nomination petitions for each vacancy, the city does not have to hold a Primary Election.

In that case, the General Election can instead be held on the date the Primary Election

would have been held.

A city Charter amendment also will appear on the March 8 ballot. It proposes lowered limits on candidate campaign contribution limits.

Offices to be filled through the March 8 election include the Mayor and three City Council seats. The certified candidate for Mayor is Mark Mitchell.

Certified candidates for City Council are: Phil Amorosi; Irina Baroness von Behr; Ernesto Fonseca; Kolby Granville; Randy Keating; and Joel Navarro.

Prospective candidates were required to submit nomination paperwork and petitions containing between 1,129 and 2,257 valid signatures by the Dec. 9 deadline. Elected candidates will be sworn in to four-year terms in July.

Vice Mayor Corey Woods is not seeking re-election to the City Council.

Comprehensive election details, including candidate contact information, voter registration and more are available at [www.tempe.gov/election](http://www.tempe.gov/election).

## News in Brief . . .



### Comicon returns to Library

Fans of Marvel, DC, Star Wars, Whorlocks and even Trekkies are invited to gather in costume for a celebration of pop culture.

The Library Comicon will return from 11 a.m. to 3 p.m. on Saturday, Jan. 23, at the Tempe Public Library, 3500 S. Rural Road.

Speakers, artists and writers will discuss and sell their work. There will be family activities, including

a costume contest sponsored by Phoenix Comicon. Admission to the event is free. For more details, visit [www.tempe.gov/comicon](http://www.tempe.gov/comicon).

### Roof rats meeting on Jan. 20

Tempe is hosting its annual informational meeting on roof rats on Wednesday, Jan. 20, from 6:30 to 7:30 p.m. at the Tempe History Museum, 809 E. Southern Ave.

Learn how you and your neighbors can work together to prevent and control these pesky visitors.

For more information, visit [www.tempe.gov/roofrats](http://www.tempe.gov/roofrats) or contact Neighborhood Services at 480-350-8234 or [neighborhoods@tempe.gov](mailto:neighborhoods@tempe.gov).

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## Briefly . . .

### Acting chief one of three finalists for Tempe job

Acting Tempe Police Chief John Rush is among three finalists selected to succeed former Chief Tom Ryff, who retired last month.

The other finalists hail from police departments in California: Sylvia Moir, police chief in El Cerrito, and Christopher Vicino, assistant police chief in Riverside.

### Acting chief one of three finalists for Tempe job

The East Valley Chambers of Commerce Alliance and East Valley Partnership will host a breakfast with Gov. Doug Ducey Thursday, Jan. 14 at the Phoenix/Mesa Hilton at 1011 W. Holmes Ave., Mesa.

The 2016 East Valley Breakfast with the Governor commences at 7 a.m. and is \$50 for members, \$60 for the public.

### Taste of Kyrene due for sixth annual run

A food and fun extravaganza will tempt residents of West Chandler and South Tempe on Friday, Feb. 26, when the Kyrene Foundation holds its sixth annual Taste of Kyrene benefit at the Foothills Golf Club.

The event unites local businesses and residents of the Kyrene school district in an effort to assist children and families in need, providing food boxes, school supplies and other necessities for families whose children attend a Kyrene school.

Taste of Kyrene is the largest of the foundation's fundraisers.

Last year, the effort raised \$45,000.

Guests at the event will be treated to food from several local restaurants, as well as live music, silent and live auctions plus raffles.

Tickets are \$75 or you can reserve a table for 10 for \$85 to make an even larger community impact.

Foothills Golf Club is at 2201 E. Clubhouse Drive, Phoenix.

Information: Kyrene.org



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## The City of Tempe's Transportation Plan: What Does it Mean for Your Business?

Planners at the City of Tempe will present what the future of transportation looks like in our rapidly growing city. Whether it's bus, car, bike or rail, learn how the city is planning to make it work well together. Attendees at our January Hot Topics & Lunch, sponsored by SRP, will learn how to anticipate what is coming, and how to plan for it.

Among the topics to be covered are:

- Light Rail expansion plans.
- The modern streetcar route and what it will mean for businesses. Will it bring more development and business to downtown Tempe?
- What are the plans to mitigate traffic disruptions due to new bike lanes?
- How can businesses and residents plan for additional road closures?
- Tempe wants to be a "20-minute city". Is this still possible?

To register for this event, please visit [www.tempechamber.org](http://www.tempechamber.org) or call our office at 480.967.7891.

### EVENT DETAILS:

**Thursday, January 21**  
**11:30 a.m. - 1:00 p.m.**  
**Four Peaks Tasting Room**  
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**Maria Busch**

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**Deborah Gardner**

- Jan. 22 - Session 1: Building the Right Team with Ginny McMinn
- Jan. 29 - Session 2: Having Difficult Conversations Without the Waterworks with Maria Busch
- Feb. 5 - Session 3: Negotiating Win-Win Outcomes with Deborah Gardner
- Feb. 12 - Session 4: Forerunners, the High Value of Coaching and Mentoring with Deborah G. Edwards

Each session takes place from 8:00 a.m. to 9:30 a.m. at Western International University, 1601 W. Fountainhead Pkwy. in Tempe. Breakfast is provided courtesy of Chick-fil-A at Mill and University.



**Deborah G. Edwards**

Cost per session is \$20 for members and college students with a valid student ID and \$30 for the general public. Members can purchase four tickets for the price of three at \$60 (payment must be made in advance of first session). To register for the series, please visit [www.tempechamber.org](http://www.tempechamber.org) or call our office at 480.967.7891.



### SAVE THE DATE

**State of the District: A Federal Update with Congresswoman Kyrsten Sinema**  
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— Wrangler News photos by Alex J. Walker





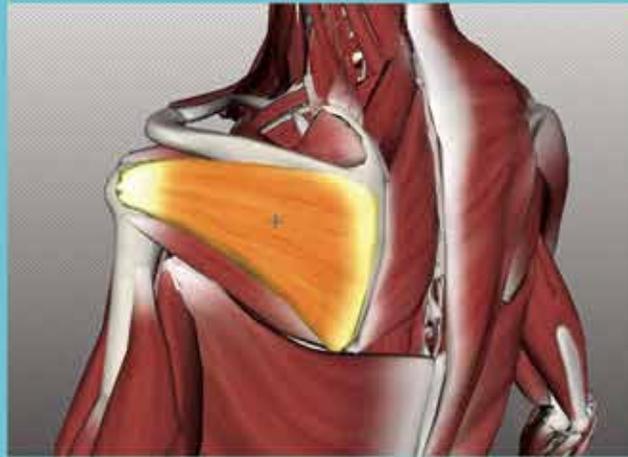
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