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Some surprising data about maintaining good sleep habits Bedtime science proving more vital to health than once thought

Editor's note: Interviews detailing the results of a new U.S. study on how sleep can affect health, which aired Wednesday, Oct. 17, on KJZZ-FM (91.5), local broadcast outlet for National Public Radio, can be heard, viewed and downloaded at www.npr.org/blogs/health/2012/10/17/163018568/poor-sleep-may-lead-to-too-much-stored-fat-and-disease. Reports of the study, which further emphasize the points made by Chandler Regional sleep technologist Jessica Olszewski, were released the same day this issue of Wrangler News went to print.

By Alison Stanton

Before going to bed, many will people watch an episode of their favorite TV show, check their emails one last time, and—if the day has been a particularly long one—maybe enjoy a glass of beer or wine while reading a chapter on their iPad or Kindle. According to Jessica Olszewski, a registered sleep technologist and sleep center manager, these common nighttime diversions can actually hinder the ability to get a good night's sleep, not help it.

Olszewski, who regularly consults with physicians at Chandler Regional Medical Center and sees their patients who have sleep issues at the CRMC Sleep Center, said that getting a good night's rest does much more than prevent daytime grogginess.

It can also help prevent some serious health issues, a finding that has received even more credibility based on the results of medical studies reported by

the national media in just the last few days.

"Being sleep deprived on a regular basis has been found to more than double the risk of cardiovascular disease," she said, adding that being low on sleep has also been linked to hypertension, weight gain and possibly type 2 diabetes.

Because getting good-quality sleep is so important to overall health, Olszewski said it is especially important that people know what they should and should not be doing in the hours leading up to bedtime.

Olszewski recently conducted a free seminar on the topic of sleep hygiene, which she explained means controlling all behaviors and environmental factors that may interfere with sleep.

"A lot of the things that people think are good to do before bed, are actually not," Olszewski said.

"One thing that is really important is being able to boost our melatonin production as we get closer to the time we are going to sleep. To do this, we have to turn off any electronic devices that are backlit, like our Kindles, iPads and televisions. Any type of light suppresses melatonin. This is why getting out in the sunshine is such a great way to start our day."

While some people feel that a brisk walk around the neighborhood or hitting the gym for a vigorous workout will help tire them out before bedtime, Olszewski said in regards to sleep, exercise should be done much earlier in the day.

"Exercising creates endorphins in the body, which will have a negative impact on our ability to get to sleep," she said.

If people do feel the need for some activity in the evening, Olszewski said yoga and meditation are typically okay, as they can help with relaxation.

Certain beverages should also be avoided at night, she said—specifically, alcohol and caffeine. "It is really important to cut down on anything with caffeine after lunchtime, or maybe by 2 or 3 in the afternoon," Olszewski said.

"If you like to come home from work and have a glass of wine or a cocktail, it's best to avoid alcohol 3 to 5 hours before going to bed.

"Alcohol relaxes us and people do think it helps them sleep, but the sleep that they get will be shallow and they will have difficulty staying asleep during the night."

Eating a big and heavy meal close to bedtime should also be avoided, as should smoking, which

— SLEEP, Page 25



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'Incubator' ahead of expectations as E.V. science, technology hub

Innovations Science and Technology Incubator in west Chandler has completed its expansion space and now has 23 companies with nearly 100 employees operating out of the facility.

The expansion space opened with lease agreements from three companies.

The first phase of the incubator space continues to serve companies by providing access to specialized lab equipment and facilities, while the expansion space is geared toward technology companies with a greater need for office facilities, but access to the knowledge, collaboration and support provided by Innovations, according to Jane Poston, a city of Chandler spokeswoman.

About this time last year, the City Council agreed to expand the incubator space by approximately 24,000 square feet. At that time, Innovations, which opened in April 2010 with about 38,000 square feet, had reached full occupancy nearly 18 months ahead of projections.

"Innovations is helping Chandler meet a need in the scientific

community and expand the city's reputation as a hub for businesses in the science and technology fields," said Mayor Jay Tibshraeny.

"The demand for space in the incubator indicates the demand for highly specialized facilities like Innovations."

Cost of the tenant improvements was assumed by the building owner, Capital Commercial Investments, meaning no out-of-pocket expenses to the city, said Poston. Chandler expects to benefit as tenants develop supply chains and business relationships, take commercial space and create an employment base in the city.

Additionally, she said, the jobs that are being created have an average salary of about \$60,000, well above the national average.

Innovations' state-of-the-art facilities provide wet and dry labs, common lab equipment and office and lab furniture, as well as shared business services, access to capital, scientific and corporate expertise and educational forums.

1st 'Java with Joel' session lays out a welcome mat for neighborhoods

Tempe City Councilmember Joel Navarro will connect with residents in a new series of Saturday morning gatherings over coffee, "Java with Joel."

Tempe residents are being invited to stop in, buy a beverage and chat with Navarro from 8:30 to 9:30 a.m. Saturday, Oct. 27, on the patio at Xtreme Bean Coffee Company, 1707 E. Southern Ave.

Navarro has designated "Neighborhoods" as the morning's topic. Residents are invited to bring stories of any related successes or concerns to the meeting.

Navarro served on a neighborhood-related City Council committee during his first, four-year term on the council.

He also has been chosen to serve with Councilmember Kolby Granville on a newly formed Neighborhoods and Education City Council Committee, which is set to begin its work soon.

Navarro plans to make the gatherings a semi-regular occurrence, though a schedule of future dates has not yet been set.

Information: www.tempe.gov/navarro. For questions on the Oct. 27 gathering, call 480-350-8916.

\$5 prostate-cancer screening test coming to Chandler Regional Nov. 3

Chandler Regional Medical Center will join the American Urological Association in presenting "Know Your Stats about Prostate Cancer," a screening event to determine prostate-cancer risk factors.

The American Cancer Society reports that the most common form of cancer among men affects the prostate.

One out of six men is at risk of

developing the disease.

The screening will be held from 8 a.m. to noon Saturday, Nov. 3, at the hospital's Halsted Clinic, 1727 W. Frye Road, Chandler. Cost is \$5. Regular cost of the test ranges from \$50 to \$65.

Additional information and appointments, which are required, are available by calling the hospital's ResourceLink service at 877-728-5414.

COULD YOUR PROF BE A ZOMBIE? JUST ASKING...



By **M.V. Moorhead**

Suppose one day the dead arise and come plodding through the streets, driven by a ghastly, inexplicable compulsion to devour the flesh of the living. Those bitten by these walking corpses soon become mindless, ravenous cannibals themselves.

Government fails to contain the plague. Survivors frantically arm themselves, overrun houses or take refuge in shopping malls, attempting to hold off the besieging army of ghouls.

The social order collapses. Anarchy and horror reign.

An awful (and unlikely, we'd hope) possibility. But, just in case, did anyone ask how this gloomy scenario might impact our global economy?

Scott Gustafson is convinced it would, however that's not why he's thinking about it. An Economics teacher at Mesa Community College, Gustafson can't help but be aware of his students' latest crazes, in this case a seeming fascination with the living dead.

Always on the lookout for a way to shed light on a subject that otherwise might be considered, well, deadly boring, Gustafson created his own private corps of the living dead.

Inventing a fictional "zombie apocalypse" to explore the very real subject of modern-day economics, Gustafson digs up some long-buried theories about what might occur should the dead lurch back into our lives.

"I would expect that several things will happen, probably in sequence," says Gustafson. "There will be a run on banks as everyone goes to cash. Most retail sales will fall precipitously with a few notable exceptions—drugs, guns and ammo. Inventories will build up, production will fall and we'll have a recession."

There's more.

"Fiscal and monetary policy will probably include a zombie stimulus. Corporate profits will fall, causing a fall in the Dow. Interest rates will go down; bond

prices will rise. Later on inflation will take hold, making real assets much more valuable than financial assets."

Despite the dubious likelihood of them actually arriving, zombies seem to top the list of college students' latest fascinations and, therefore, provide a perfect medium for teaching virtually any subject.

If zombies and Economics share space on your current bucket list, you can check out Gustafson's lecture, "Economics and the Zombie Apocalypse," at 9 a.m. Wednesday, Oct. 31, at MCC.

He kicks off the event with "Preparedness is Survival," a daylong seminar on "the Impending Zombie Apocalypse," at both the Southern and Dobson campus and the Red Mountain campus, with all events available live at one location and via streaming video at the other.

Go to www.mc.maricopa.edu for details.

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- Who is a good candidate for ankle replacement surgery?
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Dr. Aprajita Nakra is board certified in Reconstructive Foot and Ankle Surgery.

She received her medical degree from New York and completed her surgical residency in Atlanta, Ga. She lectures nationally and internationally on cutting edge technology and options for foot and ankle problems.

Dr. Nakra is also involved in teaching medical students, interns and residents. In addition, she has been involved with medical missions for the last decade, performing pro bono surgery in various parts of the world.



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EOE

Zombies

From Page 5

during my talk," says Gustafson. "My approach is to take a description of a zombie attack and then use my knowledge of economics to predict the expected consequences."

To ensure that his Oct. 31 workshop will contain enough valuable information, Gustafson digs deep into his speculative storehouse.

"To the extent that there is enough of the population remaining after an attack, paper money would still have value. Once the population dwindles too far, money loses its value and the economy will revert to barter.

"However, another type of money will emerge quickly."

Again, his conjecture isn't without historical basis. "With the Black Death in the Middle Ages, we saw inflation, but money was still used."

According to Gustafson, there have been a number of "real-world disasters" that line up well with a zombie apocalypse. In addition to the Black Death, we had the 1918 flu epidemic as well as various natural disasters like hurricanes and earthquakes.

"Peoples' reactions in the run-up to an impending disaster, as well as their behavior during and in the aftermath, give us an excellent indication of what would happen with a zombie apocalypse."

Finally, if Econ isn't your bag, the series includes talks from faculty members in Anthropology, Sociology and Political Science on subjects ranging from the cultural roots of zombies to the hypothetical Civil Defense response should they show up one of these days at your front door.

Zombie mania

Zombies' relevance to today's society has grown in recent years, and the MCC event bespeaks the extraordinary popularity the living dead are enjoying in films, TV shows, video games and books.

What is it that has made the hungry undead so dominant in contemporary horror fiction?

"Most of the traditional horrific creatures come with a lot of baggage," suggests Dr. Craig Jacobsen of MCC's English Department, also a scheduled Zombie Apocalypse presenter.

"Vampires are seductive and manipulative, and werewolves are brutal and animalistic, but zombies are a blank slate.

"They are human beings with their humanity erased. They look like us on the outside—notice how often zombie filmmakers use costume to show us

who the zombie once was—but they've been hollowed out.

"So they're easy to imprint a metaphor onto. They can stand in for our fear of disease, they can be a metaphor for race, or class, or pretty much anything you want. I think that makes them very attractive to authors, filmmakers and game designers."

Jacobsen, whose lecture "In the Head: The Appeal of Zombie Narratives" is offered at 2 p.m., also notes what he calls "...the strong connection between zombies and social class. So, in the first movie in the genre, *White Zombie*, in the 1930s, zombies exist primarily as slave labor.

"Fast-forward 70 years, and *Shaun of the Dead* makes a joke out of how much the zombies resemble people shuffling through their working-class lives."

One final note: According to a flyer announcing the event, it's strictly BYOB: Bring Your Own Brain.

Scholarship fundraiser aids Tempe 'gap' students

Wine, appetizers and silent-auction prizes will be the centerpiece of a Tempe Dollars for Scholars benefit planned Sunday, Nov. 11, to help deserving students attend college.

The event, from 2:30 to 5 p.m. at Tempe History Museum, is the group's annual fall wine party and fundraiser, which focuses on expanding access to higher education for students graduating from Compadre, Corona del Sol, Desert Vista, Marcos de Niza, McClintock, Mountain Pointe or Tempe high schools.

The local Dollars for Scholars chapter was formed in 2006 to develop scholarships for students who exhibit potential but might be overlooked by more traditional scholarship organizations. As of April 2012, the chapter had awarded 122 scholarships totaling \$126,000.

Often referred to as "gap" students, the target audience for the Dollars for Scholars initiative comprise those whose grades are not outstanding enough to receive the top honors and major scholarships. But they are judged to have worked hard to better their grades and have participated in campus and/or community activities, whether clubs, sports or volunteer work. Many have overcome significant personal obstacles.

The event will include complimentary wine, along with hors d'oeuvres, music, a raffle and silent auction. Tickets are \$50 per person; register through Friday, Nov. 2.

Details: Alice Goitia, 480-967-0355.

Now gone from Corona, teen recycles her enthusiasm Graduation doesn't interrupt lifelong commitment to the environment

By Alison Stanton

Ever since Mackenzie Bader was a youngster, her mom worked hard to instill in her the importance of recycling.

A member of the 2012 graduating class at Corona del Sol High School, Mackenzie pursued that commitment as president the school's Recycle Club.

Now at Mesa Community College, her passion hasn't diminished.

She's involved with MCC's Environmental Action Club, which emphasizes the importance of reusing and recycling, just as her mom did with her years ago.

While at Corona, Mackenzie's group of about 20 or so club members met once a week to brainstorm ways to help broaden awareness among their fellow students about recycling at school, she said.

"We talked about using newspapers and re-using them to make posters, painting on them with green paint so they would be really noticeable; sometime we watched documentaries on recycling and the importance of reusing everything," she said.

In late April, Mackenzie and other members of the club hosted an Earth Day celebration at Corona that included trivia questions, fun and interesting facts about recycling, information about what can and cannot be recycled, and a game that awarded candy to students who could toss their recyclable water bottles and other items into the correct bins.

"We just thought it would be fun to do something for Earth Day to try to make other students at our school more aware about recycling," Mackenzie said.

"Not all students here know what's recyclable and what isn't."

Mackenzie and the other members of the club also organized a paper race for the teachers.

"We encouraged them to go through their file cabinets and do some spring cleaning—get rid of papers they didn't need anymore," she said.

"Then at the end of the week we weighed everything, and the homeroom class with the most paper won a party."

The top recycling teacher collected around 500 pounds of paper in that one week, Mackenzie said, and the runner-up came in just about 10 pounds lighter.

All of the paper was put into the Abitibi Recycling bins outside the school, which she said is a program that will pay the school for the recycled paper.

Although the Earth Day celebrations at Corona were considered extremely successful, Mackenzie knows that it's important to remember to recycle every day, not just once in late April.

"The Earth Day celebrations were fun, but hopefully next year it will be even bigger," she said.

"Recycling is just so simple to do. It's quick and easy, and so beneficial to our Earth."

Cara Ridley, last year's vice president of the Cds Recycle Club who now is a business major at ASU, says she too values her experiences with the organization.

"It is important to spread the word about recycling because we only have one world to live in," Ridley said.

"We need to take care of our home so other humans and creatures can continue to thrive on this planet."

As to the current year's recycling effort at Corona, Mackenzie says the club has been reconstituted with new members and is just now making plans and organizing events.



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Sports . . . with Alex Zener



Open for business Beau Sitton, 2, and Blake Jones, 24, clear the way for James Contes to rush for yardage against Chandler Oct. 12.

—Photo courtesy Kris Cartwright

Good starts fail to ensure Aztecs' wins vs. Chandler, Mt. Pointe

The Aztecs (3-5) came out firing on all cylinders at the beginning of their game against Chandler on Oct. 12, outscoring the Wolves 21-16 in the first half. However, injuries and Chandler halftime adjustments kept them from maintaining enough momentum in the second half to pull off their sixth win of the season.

The final score: Chandler 52, Aztecs 35.

"We may have had the momentum against Chandler because we had a really good second half against Mtn. Pointe last week," said **Cassius Peat**.

"The way we played against the Pride gave us some confidence heading into the Chandler game."

Corona had a horrible start Oct. 5 against Mtn. Pointe. The Aztecs were unable to score until the final minute of the second quarter, but in the second half they put up 29 points including a 2-point conversion.

Not enough, though, to win.

Whatever the reason for the good start against Chandler, the Aztecs' confidence surely got a boost when **James Contes** scored Corona's first points on a 54-yard touchdown run in the first minute of the game.

"I veered right and then got a great block from our other running back, **George Wright**," said Contes. "From there on it was just a sprint to the end zone."

The Aztecs would score two more times in the first half running the ball.

Corona quarterback **Evan Kinney** ran in 20 yards for the second touchdown and **Maceo Brown** had a 28-yard rushing touchdown for a third.

Brown, who lined up on the right side of the field, ran behind the line of scrimmage to his left, received a shovel pass from Kinney, then cut back

toward the middle through the hole created by his front line including **Nick Plot**, **Blake Jones**, **Mike Clare** and **Travis Blaser**. After a nifty spin move, with **Billy Clemens** holding off defensive players, Brown sprinted up the middle to score.

Chandler came out strong offensively and on defense in the second half, scoring on the Wolves' first possession. The Aztecs answered with a 3-yard running touchdown by Kinney to take back the lead, but it was short-lived. The Aztecs were not able to score again until toward the end of the fourth quarter when junior wide receiver **Grant Fishburn** caught a 53-yard touchdown pass from Kinney.

The Aztecs' defense couldn't stop Chandler's offense in the second half. Then the combination of playing from behind, plus the Wolves' ability to stop Corona's run game, forced the Aztecs to go to the air.

"We didn't play with the same intensity in the

second half of the game,” said Coach **Tom Joseph**. “We needed to throw more in the second half because we were always behind. That changed our offensive approach.”

Being behind and having to throw the ball decreased the options for Contes and Wright on the ground.

For instance, Contes—who carried the ball 17 times rushing for over 210 yards in the first half alone—only touched the ball four times in the second half.

“We ended up with a few injuries in the front line which made the blocking not as good as in the first half. Then we got behind and had to start passing the ball,” said Contes. “I think our defense also had a hard time making stops against Chandler’s offense in that second half.”

Don’t tell that to Corona’s three defensive tackles who are on Maxpreps.com top 10 football leader board for Division I defensive tackles.

Junior linebacker **Jacob Riedell** was ranked No. 2 on the leader board with 32 solo tackles, 56 assists and 88 total tackles as of Oct. 11. Riedell averaged 12.6 tackles a game.

At the No. 8 spot was senior linebacker **Beau Sitton**. Sitton had 34 solo tackles, 40 assists for a total of 74 tackles or 10.6 a game after 7 games.

Senior defensive back **Maceo Brown** came in at No. 10 with 31 solo tackles, 38 assists and 9.9 tackles a game.

With only two games left on the schedule, one that was due Oct. 19 against Mesquite and the last one against the No. 2-ranked Hamilton Huskies, the currently No. 18-ranked Aztecs will need to play football the entire game if they want to have a chance of getting into the state playoffs.

“We need to learn to compete for the entire game,” said Coach Joseph. “Not 20-24 minutes like we have most of the season in order to win games.”

Marcos de Niza Football — “Oh, what could have been” is probably what Padre fans are thinking right now. Marcos could have been sitting on top of Division II, at 8-0 with only two games left, if not for an off-night against Ironwood Ridge Sept. 21.

The Padres, ranked No. 4 in Division II power rankings and No. 3 by Maxpreps.com with a 7-1 record, have easily defeated all but two teams on their schedule, outscoring their opponents 292 to 103 if you take out their 35-27 loss to Ironwood Ridge.

The last two games proved this point. The Padres defeated Gilbert 49-7 Oct. 5 and McClintock

49-12 Oct. 12.

Playing without injured quarterback **Josh Eckley**, running back **Mauriece Lee** and cornerback **Priest Willis**, the Padres made seven touchdowns, three in the first half, before the Gilbert Tigers were able to score their only points in the game.

Senior **Andrew Molina** took over the reins, completing 18 of his 22 pass attempts for 395 yards and 4 touchdowns, garnering him offensive player of the game.

Molina’s touchdown passes included one to **Jacquese Moore**, one to **Kamron Johnson**, and two passes to **Paul Elvira**.

Senior Elvira leads all Division II players in receiving yards with 1037 total yards in 8 games averaging close to 130 yards a game; Moore is No. 11 averaging close to 16 yards a carry.

Antonio Warner rushed 5 yards for a touchdown in the second quarter while Johnson had a rushing touchdown in the third.

Johnny Bernal created some excitement in the stands and on the sidelines when he returned a 60-yard kickoff after the Tigers had scored in the second quarter.

Derek Craig and **Andrew Rodriguez** led the defense in tackles with 9 each; **Logan Palmer** had 2.5 sacks and **Dominique Fenstermacher**, named defensive player of the game, had two interceptions.

Craig is No. 6 in total tackles for Division II players, averaging 9.8 tackles a game while Rodriguez is No. 12 in the same category with 8.3 tackles a game. **Rickie Becerra** and Palmer lead the team in sacks with 5.5 each.

The Padres were caught sleeping at the beginning of their game against cross-town rival McClintock when the Chargers’ **Dominic Orona** caught the kickoff at his own 10-yard line and sprinted up the field dodging tackles for 90 yards and the first of McClintock two touchdowns in the half. Being scored on right off the bat definitely woke up the Padres because they went on a scoring rampage of three straight touchdowns in the first quarter.

The Padres no sooner had possession of the ball when Eckley, the No. 3 leading passer in Division II, was completing a 9-yard touchdown pass to Warner and then a 7-yard touchdown pass to Elvira. Eckley has completed 65 percent of his passes with zero interceptions and is averaging over 225 yards a game.

Molina entered the game to give the Padres a 21-6 lead at the end of the first quarter on a 10-yard pass to Elvira and then ran into the end zone for a two-

point conversion.

In the second quarter, the Chargers once again drew blood first on a 20-yard rushing touchdown by **Xavier Gomez**. Unfortunately, the Chargers’ two-point conversion attempt failed but McClintock was able to pull within two scores of taking the lead.

The Padres avenged themselves on a Johnson kickoff return to further pad their lead at 34 to 12. Marcos scored the rest of the points in the second half when Molina completed a 17-yard pass to Moore and **Mauriece Lee** and Johnson both scored rushing touchdowns.

Lee is No. 12 in the rushing category for Division II players averaging over 100 yards a game rushing with eight touchdowns.

The Padres have a good chance of winning their non-league game against South Mtn. Oct. 19 but should face a much tougher opponent in No. 5 ranked and undefeated Chavez away on Oct. 26.

Tempe Football — The Buffalos bounced back from their loss to Campo Verde to defeat Arcadia 48-39 and compile a 6-2 record. It’s the most wins the school has had since the 2004-05 season, when the team finished 6-4 for the season.

The Buffalos have a chance to beat that record if they can continue counting on sophomore quarterback **Emanuel Gant**’s arm and his ability to keep their opponents guessing by spreading out his passes to five different receivers: **Massiah Smith**, **Oswaldo Gomez**, **Raija Holt**, **Jordan Wiatr** and **Sebastian Watkins**.

Gant, ranked No. 2 in the Division II board, completed 32 of his 46 pass attempts for a gain of 493 yards and five touchdowns against Arcadia. Watkins and Smith were credited with two receiving touchdowns each in the stat books while Gomez had one.

Smith, with 53 receptions for a total of 737 yards, is No. 2 in Division III while junior Watkins is No. 12 with 31 receptions for 563 yards. Senior Holt is listed at No.22 on the leader board with 31 receptions for 442 yards over the 8 games.

The Buffalos’ offensive scheme involves passing the ball and doesn’t rely much on rushing yardage to win games, as evidenced by the entire team only gaining 117 yards on the ground against Arcadia. Holt led with 71 rushing yards followed by Gant with 25.

It would appear, though, that both Tempe and Arcadia relied mainly on their offense to win games based on the number of touchdowns each team

—SPORTS, Page 10



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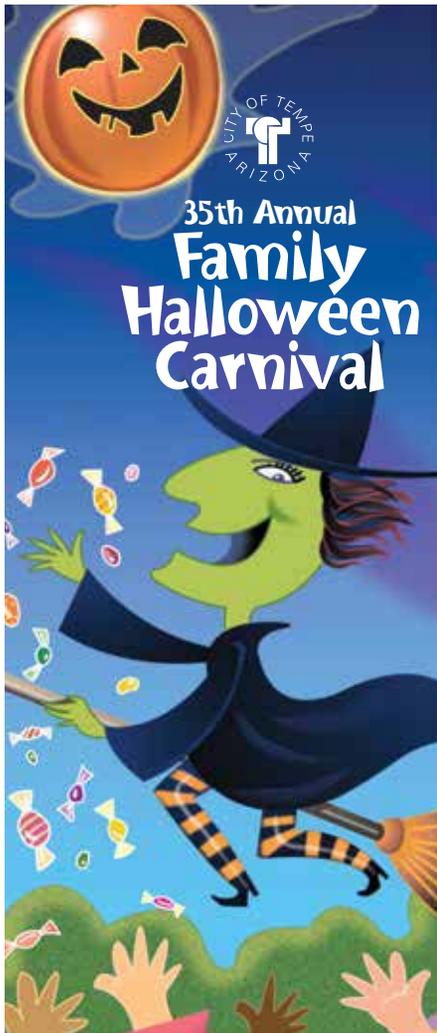
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Admission to the event is FREE.

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scored in their game last week.

In reality, the Buffalos' defense played tough, tallying as a team 120 total tackles, 63 solos with 57 assists. **Nojeem Adebule** alone had 14 solo tackles and 7 assists to finish the game with a total of 21 tackles while teammate **Oscar Carrizosa** had 7 solos, 12 assists and 19 total tackles.

Tempe's defense came up big with four interceptions, one each by **Isaac Chavez**, **Marcus Whitmore**, **Trevin McKinney** and Holt.

Both the offense and defense needed to be up to the challenge on Oct. 19 when Tempe was scheduled to play Seton Catholic at home. Seton, with a 7-1 record, has a potent offense and defense to match up against the Buffalos. Tempe's last game of the season will be at Maricopa Oct. 26. It may be imperative that the Buffalos win at least one of these games if they have a chance to get into the Division III state playoffs.

Cross Country — Corona girls cross country team surprised everyone, including themselves, by placing third at the 40th annual Doug Conley Invitational cross country meet held Oct. 13 at Tempe's Rolling Hills Golf Course.

"The girls team did amazing at the Doug Conley, which is the only

invitational meet for the top 20 schools," said assistant coach **Ari Rodriguez**. "This race is by far the best they have run all year."

Senior **Hallie Swenson** led the Lady Aztecs coming in sixth, followed by **Victoria Haun**, 21st; **Sammie Moore**, 34th; **Mason Swenson**, 35th; and **Kelly Nauman**, 40th.

"Getting third place as a team at one of the toughest meets of the year was a huge accomplishment for us," said Hallie Swenson. "I am so proud that everyone on our team stepped up, competed and got the job done."

Swenson, who ran the race in 19:20.33 shaved off close to a minute from her time at the same event last season. The entire team ran a good pace.

"Our team keeps improving every meet which is awesome," said Haun. "Our top five varsity runners all ran under 21 minutes and if we keep working hard we have a good chance of getting our times down even more and placing at state."

Mason Swenson, the younger sister of Hallie, is only a freshman running in the fourth spot on Corona's varsity team but has seen a steady improvement in her times.

"I am so excited that I made the varsity team this year so I can help our

—SPORTS, Page 14

Get to know your South Tempe Businesses

**The Great Market
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November 3rd**

Win prizes from local businesses

This is to help the local community around Rays Market (Farmers Market) be more aware of the area's businesses.

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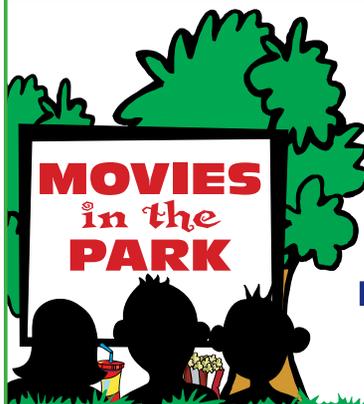
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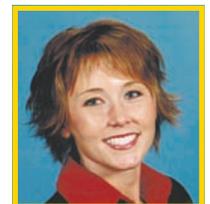
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MAKING SENSE OF INVESTING

How ballot measures impact local business: A Chamber analysis

Tempe Chamber of Commerce members are being urged to cast a yes vote on four local ballot propositions, four bond measures and two school district overrides.

At the same time, they're being asked to vote no on proposed continuation of an existing one-cent sales tax, limitation on the growth of property tax rates and elimination of the state's partisan primary system.

As to Proposition 204 and its stated benefits to school funding, Mary Ann Miller, the chamber's president and CEO, says the no vote is being recommended because it would effectively extend the tax into an indefinable future.

"Prop. 204 is not a good way to finance education because it perpetuates the same funding problems we have now; it represents funding through the ballot box—a tax that no one could touch into perpetuity."

Here is the chamber's synopsis of the other ballot measures and the reasoning behind its positions:

Prop 114 – Yes. Prohibits crime victims from being sued for causing injury or death to the perpetrator committing a felony offense.

Prevents frivolous lawsuits and reduces costs to businesses.

Prop 116 – Yes. Increases the personal property tax exemption threshold from \$68,079 to the average earnings of 50 Arizona workers or approximately \$2.4 million.

Encourages investment and growth by small



Mary Ann Miller

businesses.

Prop 117 – No. Limits the annual growth of limited property value to no more than 5 percent beginning in tax year 2015.

Results in greater inequity in property taxes paid by both homeowners and businesses.

Prop 118 – Yes. Sets the State Land Trust Permanent Endowment Fund distribution at 2.5 percent of the average monthly market values of the fund for the immediately preceding five calendar years, through 2021.

Creates consistency in fund distribution for education.

Prop 119 – Yes. Authorizes the exchange of trust land for military installation preservation or managing lands.

Helps protect military installations which are large economic drivers for the state.

Prop 121 – No. Eliminates the current partisan primary system in Arizona and establishes an open primary in which the two candidates per open seat receiving the most votes move on to the general election.

Disenfranchises third-party candidates and may cause more problems than it hopes to solve.

Prop 204 – No. Creates a permanent one-cent sales tax increase to fund educational programs, public transportation infrastructure projects and human services programs. The tax and funding allocations are preserved in perpetuity.

Takes budget control away from the legislature and is an inappropriate way to fund education.

Tempe Union Bond – Yes. Authorizes the sale of \$75 million in bonds to address health and safety issues, maintenance and modification and energy conservation measures.

Addresses much-needed repairs and upgrades so

that maintenance and operations funds can remain in the classroom.

Tempe Union M&O Override – Yes.

Increases the district budget capacity an additional 5 percent on top of the current voter-approved 10 percent override. Directs funding to meet student needs.

Tempe Elementary Capital Override – Yes. Continues previously approved capital override for an additional seven years at an annual amount of \$5 million.

Funds the technology purchase and replacement needed to teach students in the 21st century.

City of Tempe Public Safety Bond – Yes. Authorizes \$6.4 million to upgrade equipment and enable interoperability.

Increases the efficiency of public safety personnel so they can better respond to citizen needs.

City of Tempe Parks

Improvements/Community Services Bond – Yes. Authorizes \$10.5 million to maintain Town Lake parks and replace the downstream dam.

Protects a key component of Tempe's future economic development and improves local amenities.

City of Tempe Municipal Infrastructure Preservation Bond – Yes. Authorizes \$12.9 million to repair and rehab buildings and facilities.

Increases efficiencies through timely maintenance and cost-effective upgrades.

Information: 480-736-4280 or maryann@tempechamber.org.

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Wide lens on creativity

Area devotees snapping up new cellphone app

By Sally Mesarosh

If a picture is worth a thousand words, then Phoenix Instagramers have a lot to say. Devotees of the mobile photo-sharing application from all over Arizona, including what appear to a growing number from Tempe and Chandler, recently gathered at the state capitol to celebrate the one-year anniversary of the InstagramAZ community and the two-year anniversary of the Instagram app.

Donjay Schraeder, the founder of InstagramAZ, spearheaded the event. He learned about Instagram two years ago from a friend who started an Instagram community in San Francisco.

Soon after, Schraeder formed a community in Arizona.

"It's not really my personality to start something like this," said Schraeder, an Ahwatukee Foothills freelance creative artist in music and web design.

"But I wanted to find like-minded people in my area. I have found Instagram to be much more social than Facebook and I've really enjoyed getting to know people."

Worldwide, Instagram says it has about 100 million registered users who upload about 10 million photos per month to the website. Users photograph, edit and share images with friends using the Instagram app on a smartphone. Amateurs and professionals alike use

the application.

Instagram offers a variety of filters that alter a simple cellphone photo into an artsy, sometimes retro-looking image. The photo can then be uploaded immediately to blogs and social networking websites such as Twitter and Facebook. A distinctive feature of the app is that it crops photos into a square shape, similar to old Polaroid images.

In Arizona, enthusiasts use hashtag #InstagramAZ to share their photos with about 1,800 other Arizona followers. The community provides those users with contests, meetups and the opportunity to share photos of scenery, wildlife and events specific to Arizona.

Megan Miks, a program manager at Chandler Regional Medical Center, said the weekly contests on InstagramAZ force her to look a little closer at her surroundings. She enjoys snapping abstract images of everyday items.

"I like to find a different perspective that most people don't see, by maybe putting the camera low to the ground or focusing on a specific part of a larger image," Miks said.

"I like to experiment with different cropping. It's fun to see how an average picture can be made so much better simply by cropping."

Tempe college student Talia Gardner's photo interests range from airplanes to pets to sunsets. She

loves to shoot minimalist photos and view other photographers' artistry.

"What fascinates me about Instagram is the amount of incredible photos I come across daily," Gardner said.

"It's awesome to see different parts of the world so easily and through such amazing pictures."

Angela Anger of Yuma said using Instagram has peaked her interest in photography. She uses both cellphone and digital SLR photos with the app.

"It helps me take better photos," Anger said. "Plus, I really like the interaction of the people in the community."

For Michelle Tarin, an office manager, the sense of community through technology is inspiring.

"I love the people, the community and the different eyes," Tarin said. "You may look at the same cactus over and over, but someone else sees it quite differently."

Tarin discovered Instagram through other social media sites, but enjoys the Instagram community much more. She describes herself as a visual person, not a word person.

"You can say more with photo than you can in a 140-character tweet," Tarin said.

InstagramAZ can be found on Facebook at <http://www.facebook.com/Instagramaz> and Twitter at <https://twitter.com/instagramaz>.

Briefs

Seton hosts noted survivor of Rwandan Holocaust

St. Andrew the Apostle church in west Chandler will be the site of an appearance by Immaculée Ilibagiza, author of *Left to Tell: Discovering God Amidst the Rwandan Holocaust*, the moving story of how she survived during the Rwanda genocide of 1994.

The program, sponsored by Seton Catholic Preparatory High School, is scheduled for 7 p.m. Monday, Oct. 29.

Regarded as one of the world's leading speakers on peace, faith and forgiveness, Ilibagiza has shared her story with widely ranging audiences, from global dignitaries to school children, relating how she and seven other women huddled together in a cramped bathroom of a local pastor's house for 91 days as most of her family was murdered.

She credits her survival mostly to prayer and to a set of rosary beads given her by her father prior to going into hiding. Through prayer, she says, she eventually found it possible to forgive her tormentors and family's murderers.

Tickets are \$15 for general admission. Seating is limited. To purchase tickets online and for additional information, visit www.SetonCatholic.org.

St. Andrew is at 3450 W. Ray Road, Chandler.

A magical night of deception

Little white lies, sleight of hand, con games, hornswagging. Deception has been around since the rise of

life, but why is this so and why do we, to this day, spend so much time and effort trying to deceive?

At 7 p.m. Saturday, Oct. 20, ASU's Origins Project will explore the genesis of deception, demonstrate shams and trickery at their best and put it in context of today's society at the next Great Debate.

Tickets remain available for *The Great Debate: Deception, A Night of Magic and Illumination*, to be held at Gammage Auditorium on ASU's Tempe campus.

After a demonstration of deception by two of the world's best close-up magicians, panelists will explore how deception is an essential part of the human condition, the evolutionary purposes deception fills, and how we can recognize deception on an individual level and overcome it on a societal level.

"Like xenophobia, the subject of our last Great Debate, deception has an evolutionary basis that is vital, but also has societal consequences which can be counterproductive," said Lawrence Krauss, director of ASU's Origins Project.

"How the brain works to be able to deceive and also to detect deception is fascinating. We will have some fun exploring both sides of the brain in a magical evening."

The panel, along with the help of the magicians, will talk about (and demonstrate) deception and the biological, behavioral and political boundaries of this controversial issue.

The panel includes influential evolutionary biologist Robert Trivers of Rutgers University; popular author and social psychologist Carol Tavris; accomplished neurobiologists and laboratory directors at Barrow Neurological Institute Stephen Macknik and Susana Martinez-Conde; and acclaimed magicians Jamy Ian Swiss and Joshua Jay. The conversation will be moderated by Lawrence Krauss.

Tickets are available up until the start of the program.

Student admission is \$4 plus fees; the public, \$8 plus fees. Contact Gammage Box Office, 480-965-3434, or Ticketmaster. Information: www.origins.asu.edu.

—Skip Derra

Master class violin solo Oct. 23 at TCA

Arizona State University Violin Studio E435 will perform a free program under the direction of Danwen Jiang at 10 a.m. Tuesday, Oct. 23, at Tempe Center for the Arts. Jiang is a recipient of the Distinguished Teacher award and President's Tenured Faculty Exemplar award at ASU. She is an accomplished performer and has been featured twice as soloist and violin master class artist by the American String Teachers Association.

Penzone tops sheriff's-race poll in Tempe

Based on results of a phone survey taken Oct. 10, challenger Paul Penzone outpolled Maricopa County Sheriff Joe Arpaio among Tempe voters. The automated sampling of 494 likely voters posed the question:

"If the election for Maricopa County Sheriff were held today, who would you vote for: Joe Arpaio, Republican; Paul Penzone, Democrat; Mike Stauffer, Independent; or none of the above?"

County-wide, Penzone led in six of the 28 communities. The full results were Arpaio, 46.8 percent; Penzone, 42.1 percent; none of the above, 7.7 percent; Mike Stauffer, 3.4 percent.

The latest results showed an increase in both major candidates' support compared to a poll taken a month earlier, although Penzone's support outpaced Arpaio's, according to Stacy Pearson, Penzone's communications director. Arpaio's support increased from 44.5 percent, Penzone's from 39.0 percent. The poll was commissioned by the Penzone for Sheriff Campaign and the respondents' demographics mirrored current voter registration.

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Sports

From Page 10

team be as successful as possible," said Mason. "As the season progresses, I have been consistently getting faster and improving my times."

Competing with her little sister has been a no-brainer for Hallie.

"Running with my sister has been a blessing. She is a great running partner and is always pushing me to run my best," said Hallie Swenson. "I'm sure she will continue to accomplish great things after I graduate."

Another bonus for the girls team is that the Doug Conley was the first meet where Corona's girls team placed higher than the boys team, which came in sixth.

"The girls team placing above the boys was a big surprise since the boys team usually has done better this season," said coach Rodriguez. "We were missing our fourth runner from the meet but we still had some outstanding performances on the boys team."

"**Nathan Rodriguez**, who placed second, improved by 80 seconds over his time last season in the same event," said coach Rodriguez. "Then **Ryan Normand**, who came in eighth, took two minutes off his previous time a year ago."

Nathan, who ran a 15:37.00 and lost by .52 seconds to the 25th-ranked cross country runner in the country, Andy Trouard of Salpointe, was right in the thick of things until the end.

"I started farther back than usual in the beginning but gradually made my way up front until I was shoulder to shoulder with Andy Trouard," said Rodriguez. "Rounding the last turn, 50 meters from the finish line, I stumbled on something in the dirt just when I was making my move to pass him."

"By the time I regained my stride and attempted to catch up, the finish line and Andy were right before me."

"Regardless of where I placed, I'm extremely happy with my improved time over last year and even a bit surprised at my time."

Rounding out the top five varsity spots for Corona was **Jake Whitney** (15th), **Nick Creasman** (65th) and **Alex Frantz** (78th).

Tempe Girls Cross Country Team — Tempe High School, which sponsored the Doug Conley Invitational, had its girls team place 15th in the varsity category. Crossing the finish line in second place with an outstanding time of 18:48.93 was **Diana Garcia**. She was followed by teammates **Victoria Lebario** (67th); **Alejandra Nave** (69th); **Amy Bello** (88th); and **Karla Garcia** (89th).

Marcos de Niza Girls Cross Country Team — The Lady Padres, competing in the Open category, placed second out of 19 teams. The first four runners for Marcos placed within six finishes of each other.

Jessey Tenorio led the way in 22nd place with a time of 21:36.55. On her heels was **Holly Berns** in 23rd place, **Rachel Maher** in 25th, and **Antionette Tran** in 28th place. **Megan Lubbers** rounded out the top five in 36th place.

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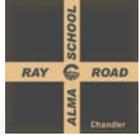
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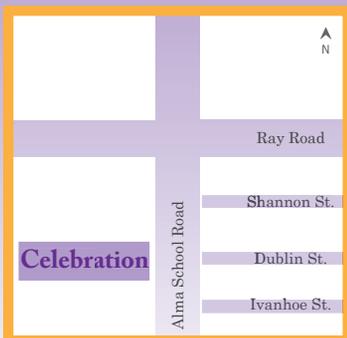
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A HEROIC DEED, MODESTLY ACHIEVED

Putting out fires took on new meaning for police officer Paul Elenius, who routinely uses his training to cool down dangerous situations before they become incendiary. The five-year Tempe PD veteran arrived at the blazing home of a 72- and 71-year-old couple moments before city firefighters got to the scene, a mobile home park on Southern Avenue east of Interstate 10. Hearing screams, Elenius broke down the door, only to be confronted by thick, acrid smoke and the occupants gasping for breath. Calling on fellow officers who had by then arrived, he managed to get both husband and wife to safety and, with the aid of firefighters, helped both into a waiting ambulance. Although Elenius played down his 'hero' status, Assistant Fire Chief John Valenzuela said the rescued pair could have died within seconds had the officer not reacted so quickly and so instinctively.

— *Wrangler News photo by Dee Myers*

Ramblings

Hey, all...did you know we raised \$100,000 cash and \$200,000 in donations at our ZooWalk last weekend? And 3,500 walkers! All in support of research for autism. Now we'll be able to do more studies on this condition that affects so many Arizona kids & adults. Thank you!

— Brandy S.

A Celebration of Life was held for Joyce Anne Ware Longfellow, formerly of Children's Dental Village, on Oct. 16. Joyce Anne's friends and family filled Tempe Center of the Arts to remember this dynamic lady. One of the presentations was a film of Joyce Anne speaking on the concept of legacy. She said that hers was to live her life with "Attitude." Each day she could choose how to live—and hers was one full of life, friends, interests...all while being in the present.

— Mary C.

If you'd like to meet your Alta Mira neighbors and learn more about keeping you and your family safe, join us for our neighborhood celebration of G.A.I.N. Night Out from 4-7 p.m. Saturday, Oct. 20. We'll meet at Goodwin Park, visit with some city officials, get a few laughs from our children and pets in costume. Plus door prizes from some generous local businesses. Bring food & drink for your family, along with something to share with others. Also lawn chairs or blankets to sit on, in case a freeze blows in.

— Carmel B. & Family

Are you as tired as I am of all the corner clutter? Not in your kids' room, I mean, but on our street corners? I don't mind the political messages too much because how else are we going to know who to vote for? Shall we just say that the one with the most signs wins? Anyway, it's those house-painting, cheap mattress, college-hunks-to-move-your-junk offers that get me down. If you'd like to know how I *really* feel about this, check out my "First Person" column in the Nov. 3 Warner Wrangler...oops, that's what it used to be in the old days. I meant Wrangler News. Sorry.

— Tracy D.

Tidbits from you, our revered readers

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Prepare for funny

TCA launches comedy series

From improvisation to stand-up and more, the new Tempe Comedy Series showcases some of the funniest, nationally-recognized comics in four separate formats. The series kicks off at 7:30 p.m. on Nov. 9 and continues on consecutive Fridays through Nov. 30.



The opening show "Best of the West" features five of the best comics to emerge from the dynamic local comedy scene and includes comics from the *Comedy Central*, *Showtime* and *Hollywood's Comedy Store*.

"Ten for Ten" (Nov. 16) presents the next generation of comedy stars and surprise guests, showcasing their cutting edge acts in a fast-moving show that features 10 comics performing for 10 minutes.

Remaining shows

Nov. 23: "Kevin Odea's Comedy Circus"

Nov. 30: Improv Night

Tickets range from \$10 to \$15 (not including fees).



Showing at TCA

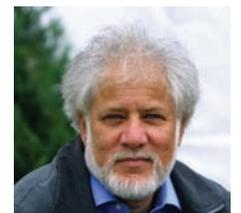
- Oct. 20 – Beethoven's Nightmare
- Oct. 21-Nov. 10 – Childsplay: *The Giver*
- Oct. 24 – Lincoln Center Ethics Symposium
- Oct. 26 – First Crush Charity Gala
- Oct. 27 – TCA Fifth Anniversary of Fabulous
- Oct. 27 – Lakeshore Music Jazz Series: Turtle Island and Tierney Sutton
- Oct. 28 – Phoenix Youth Symphony
- Nov. 1 – Contemporary Wood Artists Panel
- Nov. 1 – Arizona Wind Symphony: "Southern Comforts"
- Nov. 3 – CREATE! A Choreography Competition
- Nov. 4 – Sonoran Chamber Music Series: Piano Trio
- Nov. 5 – Tempe Symphonic Wind Ensemble: "A Salute to Those We Serve"
- Nov. 6 – Tempe Youth String Orchestra
- Nov. 8 – ASU Distinguished Visiting Writer Series: Michael Ondaatje
- Nov. 16 – Lakeshore Music Jazz Series: Denise Donatelli
- Nov. 20 – Performance with a View: Anne Kopta voice students
- Nov. 25-Dec. 23 – Childsplay: *Junie B. in Jingle Bells, Batman Smells!*
- Nov. 30-Dec. 1 – Songwriters' Showcase VIII with The Sugar Thieves & Obadiah Parker



Lakeshore Music Jazz Series



Michael Ondaatje



Junie B. Jones



Schedule is subject to change ~ updates: www.tempe.gov/TCAevents



Bon appetit Sue Fant, a volunteer with Tempe Community Action Agency's home-delivered meal program, brings food and cheer to client Clyde Steel.

To meal-delivery volunteers, clients are just like family

Story & photo by Alison Stanton

Editor's note: Since this piece was originally written, the subject of our story has taken a well-deserved break from her involvement with the home-delivered meal program. However, recruitment continues for others willing to fill these vital volunteer spots.

When Sue Fant retired after working 32 years as a schoolteacher, she knew she wanted to find a way to help others.

About two years ago, Fant, a south Tempe resident, started volunteering as a driver for Tempe Community Action Agency's Home Delivered Meal program. Fant ended up spending two mornings a week helping to pack up the meals she then delivered to about 20 north Tempe and south Scottsdale homebound and disabled residents.

As Fant soon found out, volunteering with the

program involves a lot more than making sure the people on her routes get a hot and nutritious meal. It is also about developing friendships with her clients, many of whom are alone and have little contact with others.

"I just like being around people and I've pretty much adopted everyone I work with," Fant said on a recent morning as she filled plastic bags with rolls, pats of butter and cups of chocolate pudding.

"They are more like a part of my family. It takes a long time to do my route because I like to visit with everyone and make sure they are okay."

According to Kathy Flores, Home Delivered Meals supervisor and volunteer coordinator, Fant is one of about 35 volunteers who have committed to working a few hours at least one morning a week delivering about 15 to 20 meals to clients.

More volunteers are always needed to help with the program, she said.

In all, Flores said the program serves about 275

clients. Most get their meals delivered five mornings a week, and many have extra food sent over on Thursdays and Fridays to help them get through the weekend.

"It's always a hot entrée that includes some kind of protein like chicken or beef, and then two sides, a roll, milk and desert," she said, adding that all of the meals are nutritionally approved by the Area Agency on Aging and special dietary needs like diabetes are addressed as well.

"It's also a chance for our volunteers to do a wellness check on our clients, and to give them an opportunity to see other people. A large percentage of the people we work with are extremely isolated, and in case there is something wrong they often have no one who can help them."

Because Fant and the other volunteers do the same routes every time, they can get to really know their clients, Flores said. This way they can quickly

Volunteers

From Page 18

determine if someone may be having a health or other issue that should be reported to the person's case manager, or, if necessary, even call 911 for help.

"Our volunteers get to develop a rapport with everyone, and they can see what is normal and not normal with our clients," she said.

"They build relationships with them."

After finishing her work with the rolls and pudding, Fant walked over to an industrial kitchen to help load the large, padded coolers with the meals she would need for that morning's deliveries. Once her sedan was loaded up, she got on the road.

One of her first stops was at the home of a program recipient named Clyde, whose health issues make it difficult for him to get out on his own.

Fant greeted both him and his small dog with a friendly hello, and chatted with him for several minutes while she served him his meal.

Clyde said he is extremely grateful for the program and for the volunteers like Fant who have delivered food to him for almost four years.

"Everyone is always so friendly," Clyde said. "And the food is great for my lunch, or sometimes I'll save it for my dinner."

Fant knows that the meals she hand-delivers to her clients are, helping to ensure that they have something good to eat every day.

But as far as she's concerned, she's benefiting just as much by being part of the program.

"This is not just a service for me; it's more like the ministry," she said. "I feel like I am very blessed to be able to do this."

For more information or to volunteer, contact Flores at 480-858-6511 or kathyf@tempeaction.org.



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JOHN
McComish
State Senate

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- **Promote private investment within Arizona**
- **Provide businesses access to an educated workforce**
- **Develop long-term budget stability**
- **Support Arizona State University and other local colleges**
- **Continue to responsibly restore education funding**
- **Direct education dollars directly to the classroom**
- **Create reasonable solutions to the healthcare challenges facing our state**



John with wife, Karen

Whether you vote early or on Election Day, November 6th, I encourage you to visit VoteMcComish.com to read about my plan for our district. I look forward to earning your vote this November.

-John

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Ask the Doctor: Help for hot holidays

Burn safety tips for families this holiday season

October hits and there's a longing for cooler nights and cozy blankets by the fireplace, hot cocoa and cinnamon-infused candles.

But while the nights get cooler, families should be aware of the heat we can never escape – fire. It has been one year since The Grossman Burn Center at St. Luke's Medical Center opened its doors to the Phoenix community and as the colder months are upon us, doctors are once again preparing for the unfortunate accidents involving candles, hot stovetops and fire pits.

October is also a time of educating people about Fire Prevention awareness. For eight decades, the International Fire Marshals Association (IFMA) has paid tribute to the Great Chicago Fire of 1871, by educating the public about appropriate fire prevention. Even in the holiday

hustle, indoor burn accidents are closer than you think. According to the National Fire Protection Association, decorations are the first thing to ignite in more than 1,000 homes per year.

Peter Grossman, M.D., FACS, medical director of The Grossman Burn Center, offers helpful reminders and tips on how to prevent and treat burns:

Go back to the basics. It's as simple as education. Make sure your children know to stay away from open flames, and how to stop, drop, and roll if their clothing catches fire.

Stay cautious in the kitchen. Supervise young children in the kitchen at all times. Cook on back burners and keep pot handles turned away from the stove edge, and during mealtime, place hot items in the center of the table. Also, consider using mugs with tight-fitting lids, like those used for travel, for hot coffee, tea or hot chocolate.

Never leave kids unsupervised. Open flames are common around Halloween and Thanksgiving, yet burn prevention

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Dave Wells
Tempe Union School Board

Dave Wells is the father of three high school students, serves on the District's Nutrition and Financial Advisory Committees and is an award-winning teacher at Arizona State University. Wells4Schools.com

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is easy with a little observance. Use battery-operated candles as an alternative in decorations, and keep highly flammable decorations, such as dried flowers, cornstalks, and crepe paper, away from open flames and heat sources.

Determine the severity of burn. There are three degrees of burns, each classified by how deep the burn is on your skin. Determining the degree of the burn will help you understand the proper way to treat the injury and seek further health care.

Say no to fluff. Cover the burn with a clean dry cloth or gauze to protect the area and leave blisters intact. Avoid fluffy cotton or other materials that may leave traces in the wound.



Dr. Peter H. Grossman

Don't believe the hype. Butter, grease and oil retain heat. Not only is this difficult to clean, but it prevents the wound from healing properly and causes major pain to the burn victim.

No ice, ever. Putting ice directly on a burn can cause a person's body to become too cold and cause further damage to the wound.

Immersing the wound under cold water for an extended amount of time could also cause a drop in body temperature, blood pressure and circulation, which could lead to hyperthermia and shock. Instead, run the burn under cool water.

Although nearly one-third of burn center patients are children—and more specifically, 80 percent toddlers, Dr. Grossman explains that burns can happen to anyone.

Peter H. Grossman M.D., FACS, is a board-certified plastic surgeon and medical director of The Grossman Burn Center at St. Luke's Medical Center, specializing in cosmetic and reconstructive surgery and the care of the burn-injured patient.

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


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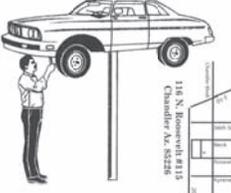
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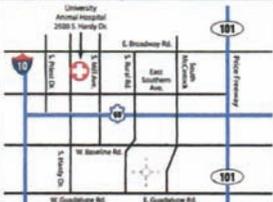
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City of Tempe

November - December, 2012

Page



Early voting for Nov. 6 Special Election

Early voting began Oct. 11 for the three City of Tempe bond questions to be decided in the upcoming Nov. 6 Special Election.

Voter registration and early voting are conducted by the Maricopa County Elections Department.

Early voting is at the Tempe Public Library, 3500 S. Rural Road. Hours of operation at the library are Monday through Thursday 10 a.m. to 6 p.m. and Friday 10 a.m. to 5 p.m.

Voters also can cast early ballots at the ASU Palo Verde West building, 330 E. University Drive.

The county mailed new voter registration cards to all registered voters this summer. They reflect updated precinct/polling place information.

Voters who are casting ballots on Nov. 6 should check the Maricopa County Recorder's website to confirm

their polling places. An informational pamphlet is being mailed this week to each household with a registered voter. Polling place locations are indicated in red on the address side of the pamphlets.

Tempe has estimated the costs of projects necessary to maintain the public's assets over the next five years and now asks residents to authorize the issuance of bonds to support those projects.

Tempe registered voters will decide three separate bond questions that provide authorization to issue bonds in these categories and amounts: Public Safety, \$6.4 million; Parks Improvements/Community Services, \$10.5 million; and Municipal Infrastructure Preservation, \$12.9 million.

Questions can be directed to the City Clerk's Office at clerk@tempe.gov or 480-350-8241.

Tempe Mayor's State of the City

Mayor Mark Mitchell will address community members at his inaugural State of the City Address, a longstanding tradition organized by the Tempe Chamber of Commerce.



Mayor Mark Mitchell

The breakfast event happens Friday, Nov. 9, at the Tempe Mission Palms, 60 E. Fifth St. Registration begins at 7:30 a.m. and Mitchell's presentation will start at 8 a.m. Mitchell plans to highlight Tempe's

achievements and the city's vision for the future. The public is invited.

For information on ticket prices, visit www.tempechamber.org or call 480-967-7891. Tempe 11 will film the speech and, about one week later, will broadcast it several times on Cox Channel 11.

It also will be available for viewing anytime at www.tempe.gov/tempe11.

Call for 2013 Neighbor of the Year Award

Tempe is full of residents, civic organizations and businesses that help strengthen the community through neighborhood outreach and involvement.

Now is your chance to publicly recognize and thank them.

The annual Neighborhood Awards presents the perfect opportunity to honor: residents who put the "neighbor" in our neighborhoods; properties that contribute to neighborhoods through renovations, improvement projects, impeccable maintenance or holiday décor; and residents who recognize alleys behind their homes are their responsibility and keep them neat and tidy.

Nominations must be received by 5 p.m. Dec. 3. For more information or to obtain a nomination form, visit www.tempe.gov/neighborhoods or contact the city's Neighborhood Services Division at 480-350-8234 or neighborhoods@tempe.gov.

The Neighbor of the Year Awards will be presented by Mayor and Council at the start of the 2013 Neighborhood Workshop, a free morning event to be held April 13, 2013, at the Tempe History Museum, 809 E. Southern Ave. from 7:30 to 10 a.m. Save the date and look for additional workshop details in an upcoming issue of Tempe Today.

Tempe Zero Waste Day honors America Recycles Day

Tempe residents are invited to participate in Zero Waste Day on Saturday, Nov. 17, from 7 a.m. to 1 p.m. at the Tempe Fire Training Facility, 1340 E. University Drive (directly north of the Household Products Collection Center).

Residents can bring just about anything for recycling, including:

- books and school supplies
- electronic equipment (phones, computers, TVs, DVDs, etc.)
- scrap metal
- household hazardous waste (cleaning supplies, lawnpool chemicals, paint, etc.)

- tires
- building supplies
- appliances (dishwashers, refrigerators, stoves, etc.)
- household textiles (clothing, linens, towels)
- tennis shoes (NO cleats, spikes, hiking boots, sandals or dress shoes)
- paper, cardboard and other recyclables

All items need to be clean and sanitary, and will be recycled, reused or disposed in an environmentally safe manner. The event will include free shredding of

confidential documents as well as free compost and paint giveaways (paint limited to 20 gallons per resident).

A donation of one canned food item is requested for Tempe Community Action Agency's food pantry.

Each person who participates will receive a free reusable lunch bag.

Participants must show proof of Tempe residency, such as a driver's license or utility bill.

For more information, visit www.tempe.gov/recycling or call 480-350-4311.

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in honor of America Recycles Day 2012

7 a.m. to 1 p.m. | Saturday, Nov. 17, 2012

Tempe Fire Training Facility
1340 E. University Dr., Tempe
(directly north of Household Products Collection Center)

Residents are encouraged to participate!

Tempe residents can bring just about anything for recycling!

Books, building supplies (no cement), electronic technology equipment, golf balls, household textiles, household hazardous waste, plastic shopping bags, tennis shoes, school supplies, tires and appliances (dishwashers, refrigerators, stoves).

Secure confidential document shredding!

Free compost giveaway!

A donation of one canned food item is requested.

Must show proof of Tempe residency (e.g., driver's license, utility bill)

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Sleep

From Page 3

Olszewski said is another activity that people often mistakenly believe helps them fall asleep when in reality the stimulating effects of nicotine are disruptive to getting enough winks.

In order to get a good night of sleep and practice healthy sleep hygiene, Olszewski said people should adopt a regular nighttime routine that they start a couple of hours before hitting the hay.

"Dim the lights, and maybe have a warm bath and warm cup of decaffeinated tea," she said.

Maintaining a regular bedtime schedule, even on days off, is also important.

"Set a regular bedtime and a regular wake up time, and stick with it every single day, even on the weekends," Olszewski said, adding that in a perfect world, people who are getting a good night's rest should be able to wake up in the morning without an alarm clock.

People who practice healthy sleep hygiene but still find themselves nodding off during the day may wish to consult with a sleep specialist to see if something else is going on that is preventing them from getting good quality rest, like maybe obstructive sleep apnea.

"If you have good sleep hygiene and are sleeping well, you shouldn't have difficulty staying awake during the day," Olszewski said.

Jessica Olszewski is manager of Mercy Gilbert Medical Center's Sleep Center. She also works with doctors on staff at Chandler Regional Medical Center.



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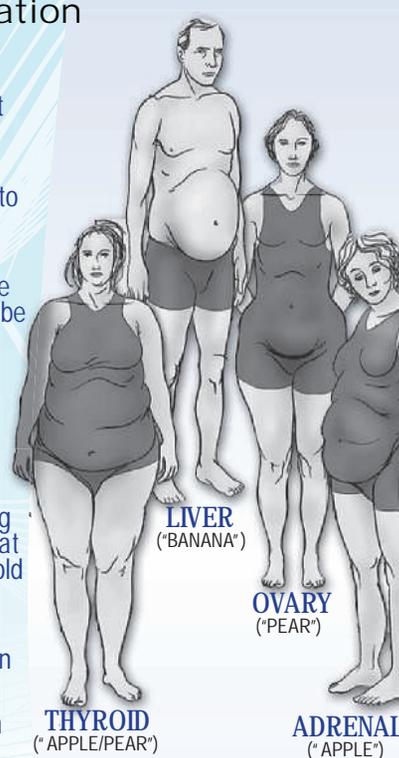
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Landscaping — Sprinklers, Valves, Timers, Repair or Install. Additional Landscaping Services available, including pre emergent weed spraying. Call 480-710-8738. 2/2013

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 11/17 480-600-7357 9/27

Landscaping — Landscape Design & Construction by ZONAWORKS. Established 1995. We are a Valleywide DESIGN/BUILD FIRM. The Owner is a Landscape Architect. We have Hundreds of Client References. AZ LIC # C21-265023R. See our Website w/ photos www.zonaworks.com (Re-Scape Specialists) "Landscapers who care, landscapers you can trust" Free Quotes! 480-893-6161. 7/13

Landscaping — YARD MAINTENANCE - Weekly, Biweekly or Monthly. We Actually show up! Providing reliable, friendly, honest service for over 10 years. English speaking crews. Credit cards accepted. Please call Complete Yard Care for a Free Estimate. 480-897-8807 10/31

Landscaping — Saenz Landscaping- Complete yard maintenance. Tree trimming, cut down, palms trimming, one time clean ups, sprinklers install and repairs, yard remodeling, gravel, sod, pavers, patios, block work etc. Reasonable prices. Over 30 years experience. Call for free estimate. Jose 602-330-6804

Landscaping — Valley Masters Landscape. Expert landscape and clean up. Lawn care maintenance, tree service, gravel install/removal. We are committed to quality service, value and complete customer satisfaction. Winter lawn installation. Free Estimate 480 598 0062. 12/6

Winter Lawn Installation — Dethatching/Power-raking to remove damaging thatch build-up. Core Aeration to SAVE WATER and relieve compacted soil. Lawn Service @ \$50/month. Sprinkler/Drip repairs. (480) 940-8196 www.ThePLUGman.com ROC #212226 All credit cards

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.

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.

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.

Painting — Burden Painting Inc. Interior and exterior painting, power washing, drywall repair, wallpaper removal, texturing, and epoxy garage floor coatings. Free estimates, multiple room discount. Call Darrell Burden at 480-892-1190, or www.burdenpainting.com.

Painting — RJ's painting. Interior and exterior painting all types of paint & stains. Epoxy floors, drywall repairs, texture matching, and popcorn removal & wallpaper 100% satisfaction guaranteed 602.367.1900 9/27

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. 928-240-0743. ROC #185572.

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.

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.

AQUA TECH PLUMBING AND DRAIN — FAUCETS,WATER HEATERS, SEWER LINE REPAIR AND REPLACEMENTS,WATER LINES,TOILETS,SLAB LEAKS,DRAIN CLEANING,AND A WHOLE LOT MORE...ROC228747 LICENSED-BONDED-INSURED CALL FOR FREE ESTIMATES 480-507-3335 OR 480-226-6795

Plumbing — King Plumbing, Heating & AC gives you worry free service dealing with all of your plumbing and AC needs around your home. Anything from drain problems to water heater problems. From thermostats to new AC systems. Free estimates. Warner and McClintock office. **602-843-5464**. www.kingphac.com. Member BBB. ROC 277025 and ROC 277026.

Pool Care — Arizona Oasis Pool Service & Repair. LLC. Weekly service, full service or chemicals only, repairs, pumps & filters. Insured, dependable & trustworthy, references available. Professional family owned business. 480-694-1518.

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 5/13

AZ Poolwatch Pool Services — Looking for a reliable weekly pool service? Poolwatch has been in business since 1997. My son and I work as a team to make sure your pool is well taken care of. My rates are very reasonable and you can learn more about our family business at WWW.AZPOOLWATCH.COM or call today. Thanks for your consideration. 480.688.1728 3/2013

HONEST POOL CARE — Tempe's affordable premium pool service. \$20/wk flat rate, no surprises, no teaser rates. We show up every week and guarantee your satisfaction. 480-237-9929 www.honestpoolcare.com.

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.

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

Remodeling — Custom Remodeling Specialist. Whole house remodels, kitchens, baths, bedrooms, counters & cabinets, tile & carpet, garages, offices, patios, room additions and much more. John C. Erickson — owner. Over 20 years experience. Licensed (ROC#171687), bonded & insured. JCE Company, LLC. 480-200-9037.

Remodeling — Arizona Home Works, Room additions, remodeling, renovating, patio covers, family owned, licensed, bonded and insured, www.ArizonaHomeWorks.com 480-357-7078

Remodeling — Remodel Contractor, \$22.50 per hour. Concrete, Block, Carpentry, Drywall, Stucco, Tile, Roofing, Painting, Patios, Additions, Kitchens, Bathrooms. I crew for all. Plans and permits. Tempe-based for 12 years. Best prices for quality work. ROC# B216115. Call Roberta or Roger at 480-215-3373, rchildcustomcarpentry@cox.net. Lic. Bond Ins.

Roofing — Bill's Awning and Construction. Roof work with lightweight stone-coated steel shingles, shakes or tiles. New roofing, reroofing, leak repairs, shingles, coatings. Free Estimates. Quality Workmanship. Lic. #C-42 266610. Ask for Cliff Frazier. 480-986-1606.

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.

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. 3/2013

Roofing — MONSOON PROOF YOUR ROOF! Call for a free no obligation roof inspection today. Re-roofing, repairs, and coatings of all types. We are licensed, bonded, and insured. ROC 237548. Insurance Claims welcome! Call Cliff 602-574-8806

Sprinkler and Drip Irrigation Repairs — System Checks, Irrigation Maintenance, Troubleshooting, Leak Detection, Add-Ons, Heads, Timers, Valves; 1st Time Customers Free Service Call, 480-478-0073 or www.AquaMastersAz.com. 6/16

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.

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

Personal 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. \$85 piano tuning. Affordable repairs. Expert advice. Lawrence P. Cheatham, 480-316-0060.

Tutoring/Instruction

Tutoring/Instruction—Piano teacher with 15 years experience will come to your home. References available. Lessons for all levels from beginners to advanced. 7 years to adults. 2 recitals per year. Please call Sandra 480-406-0138

VOICE LESSONS — for children, youth, and adults Improve your singing * beginners through advanced * any musical style * veteran Kyrene music/voice teacher * McClintock and Ray Road * singwellwithrebekah.com * 480-209-7287 (Member of The VoiceCare Network) 9/16

MATH TUTOR — Highly Qualified in Math. 8 Years Tutoring experience. ASU Secondary Education Major. I have references. Lower prices than traditional tutoring centers! Call Tyler: CELL:480-390-9328 HOME:480-813-0555 Email: tlangsta@asu.edu 12/12

Fitness Class- Outdoors/ Co-Ed — Group Fitness Class/ Co-Ed. Starting soon, Tues/Thurs 5:30 a.m. Also Tues/Thurs 6:30 p.m. Small group/outdoor workout. Experienced trainer/fun class with results/affordable. www.facebook.com/fitnessbyrose for more info: Rose 480-440-3737 12/3

Classifieds Cont'd

Pets

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. 2/2013

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. 2/2013

Pet Services — PET SITTING, DOG WALKING, AND HOUSE SITTING. Serving the Tempe/Chandler area. For quality, care, and attention call or email CINDY HUBER at 480-629-4857 cindy.huber@cox.net

Pawsitter — Dependable, loving, IN HOME pet care. Insured, bonded and member of Petsitters Associates. Serving Tempe, Chandler, and Mesa. References available. Reserve now for summer. (480) 648-5455 www.pawsitter.com

From The Heart Petsitting since 1990 — Insured, Bonded, Professional loving pet care in your home. Many references from long term clients. Contact Carolyn, owner and caring petsitter. Kyrene Corridor Resident. 480-797-4407 www.fromtheheartpetsit.com

Cindy the Critter Sitter: East Valley Pet Sitting — Cindy the Critter Sitter will take care of your furry babies like you would with in-home visits—daily, overnight, or live-in—walks, playtime, or quiet companionship. Pet transport also available. Bonded & insured, dog and cat CPR and first aid certified, member of Pet Sitters International. Call Cindy at 480-580-6981. 12/1/12

Help Wanted

Cashiers/Food Service Workers — Kyrene School District food service cafeterias are seeking part-time cashiers and food service workers. Job requires background check and fingerprint clearance card. Please apply in person. Sodexo Office 8700 S. Kyrene Road 85284 11/15

Part Time Office Help — South Tempe law office is looking for an assistant to join the team. The position is part time (20 hours a week) and the duties will include data input, answering the phone, filing, processing mail and supporting two paralegals. Please fax resume to 480-584-5958

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 dash covers — reduce glare and protect. Protect your seats — from kids, pets and spills. Dash Designs, Inc. 6014 S. Ash Ave. Tempe. www.dashdesigns.com.

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For Sale — TWO families moved to Arizona with TWO of everything! TV, full-size bed, framed artwork, designer winter clothes, high quality-designer furniture and other guaranteed fabulous finds! Please visit us at: 1281 North Dustin Lane, Chandler, 85226. (Ray & Kyrene). From 7am-5pm Friday, Oct 26 and Saturday, Oct 27.

Rummage/Craft Sale

Rummage Sale — Tempe Church of Epiphany Rummage Sale. Friday, Oct. 28 and Saturday, Oct. 29 7 a.m. to 1 p.m. Treasures and bargains for everyone. 2222 S. Price Rd. South of Broadway, West of Price. 10/22

CRAFT SALE — 35th ANNUAL HOLIDAY CRAFT SALE. HOLY SPIRIT CATHOLIC CHURCH. Friday, November 2nd 12-8PM. Saturday, November 3rd 9AM-6PM. Sunday, November 4th 8AM-1PM. 1800 E. Libra, Tempe.

DANA LAW FIRM

3rd ANNUAL WILLS FOR VETERANS



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To give back to those who have protected our great nation for so many years, Dana Law Firm is celebrating Veterans Day with a special offer.

The day after Veterans Day, November 12th, Dana Law Firm will open their 6 valley locations and offer a **FREE Last Will and Testament for Veterans** of the armed forces (\$300-\$400 value).

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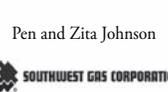
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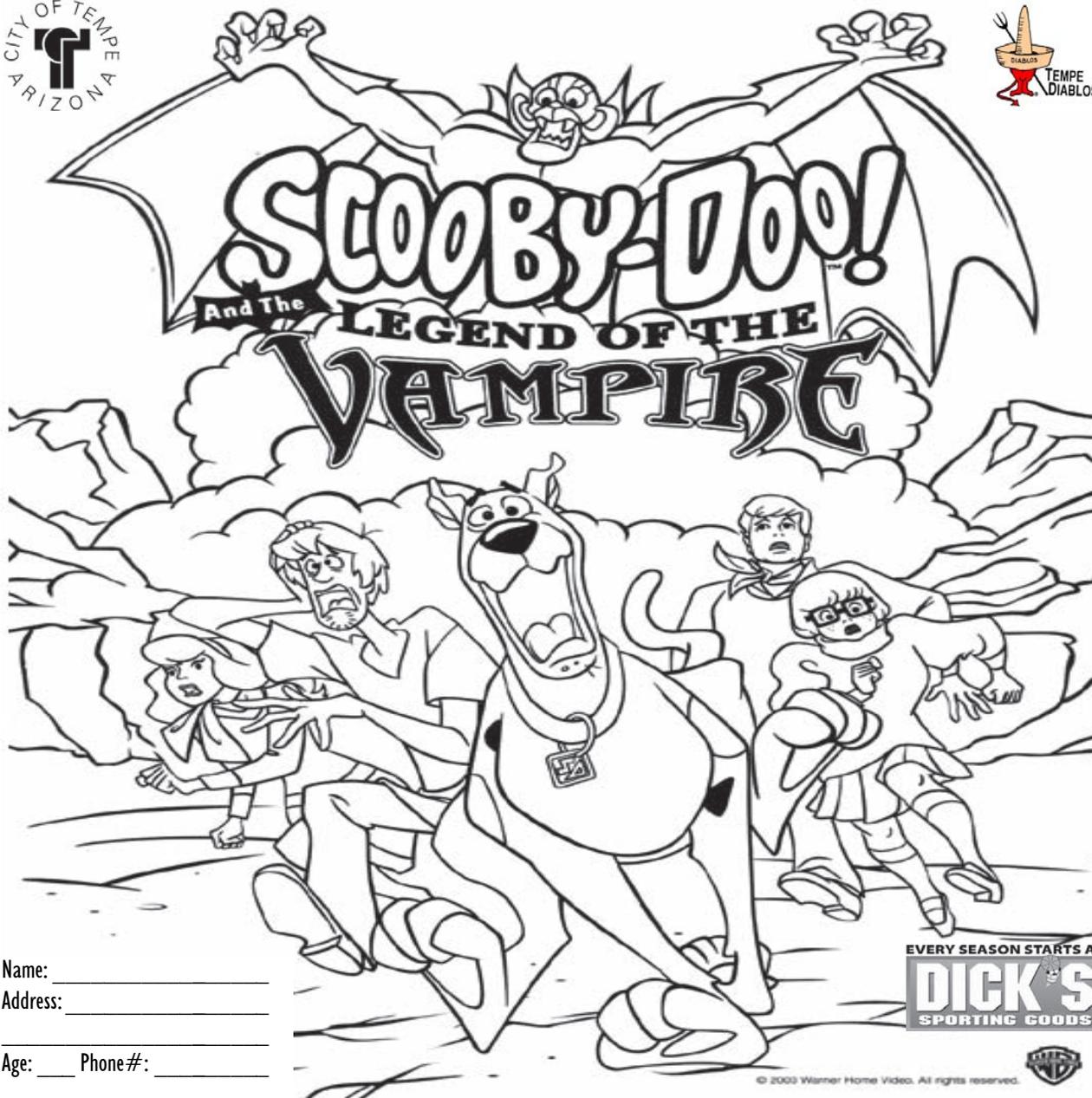
     



Coloring Contest

Children 12 and under

All entries must be submitted by November 9, 2012. Entries can be dropped off at any of the following locations: Tempe Recreation Office (2nd Floor Public Library) Wrangler News, Great Harvest, or Dairy Queen.



Name: _____
 Address: _____
 Age: _____ Phone#: _____

**6 and under
 WINNER**

Prize package including a \$20 gift card from Dicks Sporting Goods, 8" ice cream cake from Dairy Queen, 6 cookies from Great Harvest Bread Co., Family 4 Pack to Swimming with Santa at Kiwanis Wave Pool, and Kiwanis Batting Cage Pass

**7-12
 WINNER**

Prize package including a \$20 gift card from Dicks Sporting Goods, 8" ice cream cake from Dairy Queen, 6 cookies from Great Harvest Bread Co., Family 4 Pack to Swimming with Santa at Kiwanis Wave Pool, and Kiwanis Batting Cage Pass

Movies in the Park is a FREE movie series Friday evenings at Kiwanis Park. Showtime begins at dusk. The next movie in the series will be A Turtle's Tale on October 19 and finishing the fall series with Scooby-Doo (Music of the Vampire) on October 26. For more info call 480-350-5200 or visit tempe.gov/movies.

COME DROP OFF YOUR COLORING CONTEST ENTRY AND WE'LL GIVE YOU A FREE COOKIE!

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 (NW Corner of Warner & McClintock)
 480-777-1141
www.TempeGreatHarvest.com



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