

WRANGLER NEWS

DEC 21, 2019 - JAN 11, 2020



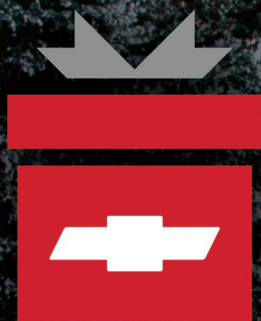
SIPPIN' SANTAS

Almost any time of the year is fine for such wacky merriment as pub crawling, but adding a holiday theme to Downtown Chandler Community Partnership's seemingly relentless pursuit of fun produced some extra-special holiday cheer.

— Photo by Billy Hardiman for Wrangler News . . . More, Pgs. 16-17

Vol 30, No 24

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TEMPE & WEST CHANDLER

WRANGLER NEWS

THE PLACE WE CALL HOME

Reminder from a Dignity ER doc: Flu is no joke

By Nicholas Johnsen

As welcome as the changing weather may be, it can also bring unwanted guests. It's always a joy to turn the air conditioning off and open the windows, but the colder it gets outside, the more likely we are to encounter flu.

The flu, or influenza, is a common viral infection that afflicts people year-round.

Considered to be "in season" from early fall to the end of winter, flu is something to be especially cautious of now. Symptoms can include fever, cough, headaches, body aches

— FLU, Page 26



Proprietor Ward Walston, above, shows off Bready Bear, a staple at Great Harvest Bakery. The Tempe-based, family-owned business produces myriad holiday treats each November and December. — Wrangler News photos

Baking treats for your family is a treat for this family, too

By Don Kirkland

Even though the holidays mean getting out of bed earlier than usual to mix, knead and bake an extra-abundant supply of goodies, Leslie and Ward Walston say it's always their favorite season of the year.

Christmas is when the Walston family, including sons George and Floyd, take on the challenge of keeping up with what has become their busiest time, simply keeping up with the demand for breads, cookies and cakes that grows every year.

If the explosion of interest in the home-baked, home-fretted-over bakery products that emerge, hot and fragrant, from the ovens of Tempe-based Great Harvest, it should be no surprise, Leslie Walston



opines.

"We don't just make bread, we make memories," she says.

"Our trays come out of the oven with food that evokes the thoughts of long-held family histories, coupled with recollections of the happy days when Mom and Dad had more time for simple pleasures."

Perhaps those images of days gone by aren't the only reason that baked goods have

— FAMILY, Page 31

MCC forum alerts young women to tech career futures

By Noah Kutz

Current job openings in the workforce suggest that younger generations should start pursuing STEM careers, based on concerns shared during a day-long workshop at Mesa Community College.

As part of the collaborative event, "Girls Get IT," women from across the Valley gathered at the Southern and Dobson campus for a day of inspiration and planning to discuss the future of STEM—Science, Technology, Engineering and Math—careers and how women can be more effective in pursuing successful roles in the industry.

In association with the Maricopa Information Technology Institute (MITI, or "mighty" as it's now widely known), MCC and other East Valley institutes hosted high school young women at this event, as well as involving successful tech professionals

MCC — Page 31

Jammin' to the uke outgrows its Hawaiian Islands origin



The Music Store co-owner J.P. Escobedo, left, and ukulele master Byron Lipkins, guide the class of uke enthusiasts at the December jam session.

Story & photos by Janie Magruder

For an instrument that could fit into the smallest of Santa's gift sacks, the ukulele is awfully big.

The National Association of Music Merchants reported 1.8 million ukuleles, valued at \$119 million, were sold in the U.S. in 2017.

Locally, The Music Store also has experienced a spike in sales and inquiries about learning to play the funky, four-stringed instrument, says co-owner Merri Lewter.

Don't get her started on the proliferation of uke-adapted sheet music — from blues, jazz and country-western to classical, Broadway and even heavy metal.

Clearly, the ukulele (Hawaiian for "jumping flea") isn't just for luaus anymore.

"You can do anything with a uke that you can do with a guitar," says Lewter about this Hawaiian adaptation of the Portuguese machete (the instrument, not the scary knife) which originated in the 19th century.

About five years ago, noticing that

guitar improv sessions were cropping up around town, Lewter launched Ukulele Jam Night at her store.

Originally intended as an evening for beginner through advanced players to hone their strumming skills, the event has morphed into a bimonthly social scene drawing as many as two dozen people.

"It's one and a half hours of laughing and making fun," says J.P. Escobedo, The Music Store's other owner and accompanist for uke master Byron Lipkins.

On a recent Monday night, Kerry Schoepfle of Scottsdale unzipped her instrument from its case and talked about the transition of playing piano and clarinet as a child to embracing the ukulele. It's easy to cart around, has a fun, happy sound, and is just the right size for her small hands.

"And learning a new instrument is a good challenge for the brain, as is being in the moment, away from your normal day-to-day routine," says Schoepfle, a software consultant. "I like the

— CONTINUED on facing page

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interaction with other people, too, especially since I work at home.”

Lipkins, a private music instructor, deftly mixes banter with bravos while teaching his pupils three chords, then three familiar holiday songs. There’s a great deal of toe-tapping in the room and determination and smiles on every face.

“Relax!” he says. “It shouldn’t really hurt to play the ukulele.”

As Hava Nagila picks up speed, Lipkins shouts — “Pinky! No pinky! Second finger! Third finger! Open! Add your pinky! No pinky! Drop your third!”

Explaining the meaning of accelerando (Italian for gradually faster), he advises with a grin, “This should be at least 14,000 times that fast.”

A musician asks which finger to use. “Whichever one makes you happy,” Lipkins replies.

Anyone can learn the uke, even those who have never before played an instrument, he insists. “You’ll amaze your friends. And if you don’t have friends, you’ll make them playing the ukulele. It’s *that* powerful.”

The next Ukulele Jam Night is Monday, Jan. 6. Beginners will meet at 6 p.m., followed by intermediate and advanced players at 6:30 p.m.

Don’t own a uke? No worries, The Music Store will loan you one of theirs.

The Music Store is at 2630 W. Baseline Road, Mesa. Phone: 480-831-9691.



A plethora of ukuleles adorns the display racks at The Music Store. The four-stringed instrument originated in Hawaii in the 19th century but finds plenty of aficionados these days in Tempe and West Chandler.



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I love Tempe too!



For aspiring young writers, pros offer some inside tips

By Diana Nelson

Kids at Kyrene Middle School, in the English-Language Arts class, received tips from professional, published writers during the recent Young Writers Conference.

It's the kind of encouragement that teacher Debra Rosenblum offers to her students to inspire the young, fledgling writers to imagine their futures by participating in the craft.

"Last year, when I asked if students would attend a Saturday, two-hour workshop on writing with me, 13 students agreed and we had ourselves a success," said Rosenblum.

"I wanted to do more for KMS, so a two-hour workshop became a full-day event with some terrific perks for the students. It was easy to acquire writers to lead craft workshops because I happen to be friends with many writers in our community, who also happen to enjoy teaching kids and adults all about writing.

"I also was the Mesa Public Library's Writer in Residence a couple of years ago and I knew that there was an interest in a free conference such as my Young Writers Conference."

Rosenblum grew up in Philadelphia, PA and as a child says she was blessed with "an active imagination along with a zest for learning."

Her childhood sounds idyllic—revolving around a combination of family gatherings, Mr. Rogers and Sesame Street, along with learning to play the piano.

"As I grew into a teenager, my fondest memories are of the many stage productions I worked on and the

SPARC program at my high school, where we simulated space-shuttle launches," said Rosenblum.

Her earliest career aspiration was to be a child psychologist; but she quickly realized that in order to affect positive change and to make the biggest impact on children, she would need to be in a classroom setting rather than sitting behind a desk.

"I was educated through our public-school system, so it's a tribute to the institution that I became a teacher. I went to Hofstra University; and then, Rider University to round out my education."

She began her teaching career in Manalapan, New Jersey as an elementary-school teacher for first through fourth grades for 13 years.

Then in 2007, she moved to Arizona, and started teaching fifth and sixth grade students in the Kyrene District, until three years ago when she was chosen to teach the PREP program at Kyrene Middle School.

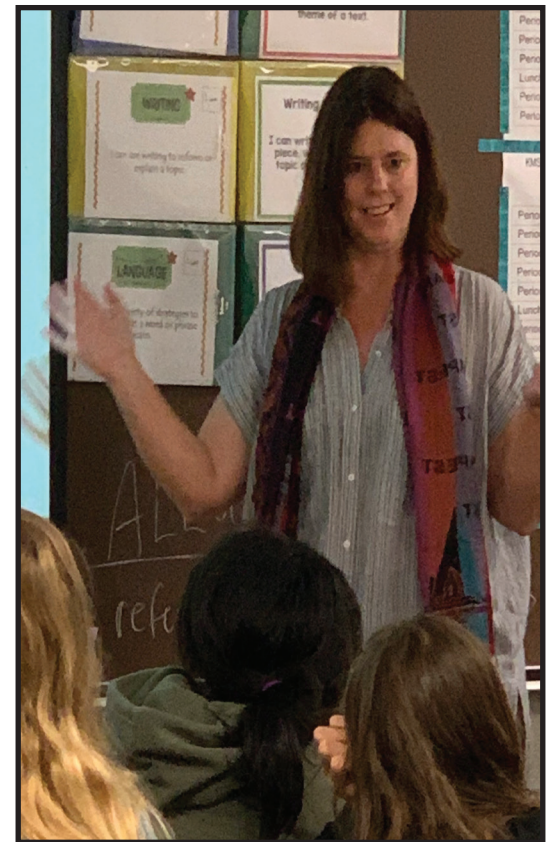
"Now, I teach seventh and eighth-grade language and literature to our gifted and talented population," said Rosenblum.

Her move to middle-school education also coincided with her growth as a professional writer, with a focus on the romantic genre.

"I always loved writing, but I had no idea that it would become a second career," said Rosenblum, "It was only during Spring Break in 2009 when I realized I had stories inside me dying to get out."

So, she began her own writing career and became a best-selling USA Today author. She admits she

— CONTINUED on facing page



Debra Rosenblum, who teaches language and literature to gifted students at Kyrene Middle School, is also a best-selling author. — Kyrene schools photo

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used to be a reading addict, but now has less time due to all of her writing projects. She likes romantic novels because it's the only kind of storytelling the gives readers happily ever-after endings.

In the classroom, she says enjoys two things in particular—engaging in literary analysis with students and nurturing the creative writer in them.

"We have such a huge untapped well of highly capable student writers," said Rosenblum. "It's exciting to watch it flourish with the right guidance."

Her teaching role at KMS allows her to combine her two passions---to educate youth, in a nurturing way, and to write fiction.

She is glad that KMS supports all her creative writing programs. In addition to the classroom, she edits an anthology of students' fiction and creative non-fiction, called the "Literal Scorpion," which is available on the school's website.

"I also absolutely love the staff and the administration at KMS. I wake up every morning happy to be going to work," said Rosenblum.

Tempe initiative recognized for bringing HOPE to homeless

By Susie Steckner

To Kelly Denman, a city of Tempe outreach specialist, working with the homeless is more than just a job. It's a literal door-opener, not only for her own personal and professional growth but for the people whose lives—and futures—she has impacted.

"...my greatest honor is seeing someone with a set of keys on their move-in day with tears, saying 'Thank you,' Denman replied upon learning she had won statewide recognition for her work with the city's HOPE team.

Recipient of the Arizona Housing Coalition's enviable Kevin Collins Award for Excellence in Direct Service, Denman was recognized at the organization's 26th annual statewide conference in October.

The award pays tribute to Collins, who served men and women in overcoming homelessness and was fatally wounded while working at Central Arizona Shelter Services.

"I feel truly honored," Denman said. "That is the greatest feeling of achievement

for me."

Tempe hired Denman as its first homeless outreach specialist in 2016; she now works with a three-person team that assists hundreds of individuals each year with everything from finding housing to getting replacement ID cards.

The HOPE team is an integral piece of the city's efforts to end homelessness.

Denman has been instrumental in several initiatives. She established Tempe as the first mobile access point in Maricopa County for the Family Housing Hub, which connects families with housing.

She has played a key role helping to develop Tempe Works, the city's employment and housing program for people experiencing homelessness.

Earlier this year, Denman and the HOPE team organized the city's first-ever outreach event for homeless pets as a way of assisting pets and engaging their owners.

Denman has served in the behavioral health arena for more than 10 years, previously having worked with a nonprofit serving the most chronically homeless in Maricopa County.

"Kelly works tirelessly to house and support the most vulnerable in our community," said Nichole Stevens, Tempe's homeless solutions supervisor. "She meets people wherever they are—the river bottom, Mill Avenue, a city park, the library, a court room or even a hospital room—to make connections that can help end their homelessness."

Time isn't always on her side.

"This doesn't happen with one conversation; it takes many conversations over months and sometimes years," Stevens said. "But Kelly is undaunted by the challenge and is driven to make a difference in as many lives as possible in our community."

Two recent stories stand out, Stevens said.

Through Tempe Works, Denman assisted a veteran who had battled opioid addiction and homelessness with housing and part-time city employment. He now works 40 hours a week, lives in his own apartment and has reconnected with family.

When Denman learned that another client was dying of cancer, she arranged for hospice care so he could die with dignity in his own home, Stevens said.

The HOPE team is one piece of Tempe's overall strategy to prevent and end homelessness. The city is making steady progress and investing heavily with a coordinated and compassionate response that includes:

- HOPE team for street-level homeless outreach citywide
 - Collaboration among city of Tempe departments
 - Housing First philosophy to house people without preconditions such as sobriety
 - Innovative jobs and housing program
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 - Collaboration and advocacy
- Information: tempe.gov/Endinghomelessness.

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No need to abandon healthy eating during the holidays



By Kelli Shallal

Editor's note: Kelli Shallal is a longtime Tempe resident and registered dietitian with a master's degree in public health nutrition. Articles and recipes from Hungry Hobby, her healthy living blog, have been featured in magazines such as Today's Dietitian and Food & Nutrition Magazine.

She is regularly quoted in the media and well known in the health communications field. Her first book, Meal Prep For Weight Loss, was released this fall and is already an Amazon top seller.

We thought you'd enjoy hearing from her in Wrangler News.

You Can Have It All – Just Not All At Once

Believe it or not, it is possible to continue progressing toward your health goals during the holidays. You can escape the holiday weight gain without being militant on your diet. What's the secret? It's realizing that you can have it all—everything or anything you heart desires—during the 30 days (give or take) between Thanksgiving and Christmas. You just can't have it all at once.

Yes, good old-fashioned moderation is the key, but to put that into practice, you need a few tricks of the trade. Below, I'm sharing my top tips to stay healthy during the holidays while actually still enjoying them.

Start Smart

Anytime I attend an event, I start with a ton of water and whatever protein and produce items I can find. That could be finger veggies and deli meat, or something fancier. I try to fill up on as much protein and produce as possible. If I don't think there will be any of either at the event, I have some veggies and hummus at home before I go. Going ravenous is a recipe for you to find yourself faceplanted in pumpkin pie, so, fill up on veggies and lots of water first!

Pick One Splurge

I regularly coach my clients to pick only one splurge, especially when it comes to added sugars and carb-eccentric food. Before diving in, scour the spread, and then decide on the one treat that you want the most. Often this means making the hard choice between alcohol, carby appetizers, dessert, and sometimes the meal.

Go for Seasonal

I bet you thought I was going to say produce. Yes, seasonal produce would be nice too. But remember

— CONTINUED on facing page



Holiday parties tend to be rife with culinary temptations like these, but you don't have to completely deprive yourself, says registered dietician Kelli Shallal of Tempe.

that splurge from above? Please make sure that your splurge is a seasonal item you can get one time a year. Oreos with red food dye is not a one-time-a-year treat. They are just Oreos that you could get any time. Don't waste your splurge on run-of-the-mill items—wait for Grandma's-special-one-time-of-the-year-amazing-can't-live-without-it brownie pie extreme or whatever it is. Just make it worth it!

Alcohol

Besides embarrassing yourself in front of your boss, there are other concerns with alcohol.

Alcohol is an empty calorie source (and no, there aren't enough antioxidants in wine to justify anything) which is responsible for a large chunk of people's holiday weight gain.

Alcohol is relaxing and also eases the social anxiety of having to attend said holiday functions, so if you chose

to drink, follow these simple guidelines to prevent alcohol from impacting your health goals. Choose low-calorie mixers, make it your splurge (see above), and drink water in between each glass. Remember that alcohol will lower your inhibitions making you less likely to stick to your health goals, so wait as long as possible into the event/night to take that first sip.

Get Back On Track The Next Meal

I don't care how you did, if you followed my guidelines or not. The best thing you can do for yourself to stay on track this holiday season is get back on track the next meal. When we fall off the train, the hardest part is getting started again.

If you can make it your policy to eat healthy the very next meal, healthy eating will become more of a lifestyle that you can easily manage your holiday treats in.

Tempe Chamber announces mayor, council preferences

The Tempe Chamber of Commerce has announced its endorsements for the upcoming Tempe City Council and mayoral elections.

The chamber is endorsing Corey Woods for mayor, as well as incumbents Randy Keating and Joel Navarro, along with political newcomer Doreen Garlid, for City Council. "Tempe is fortunate to have two well-qualified candidates running for mayor," said Anne Gill, president and CEO of the chamber.

"The chamber is supporting Corey Woods for mayor because of his leadership abilities, commitment to greater government transparency, and support for small business..."

Candidates are interviewed on a variety of topics directly related to

the chamber's public policy agenda.

Candidates who seek endorsement were evaluated on a range of issues facing Tempe citizens and businesses, including but not limited to government transparency, homelessness and traffic congestion.

The Good Government Committee makes a recommendation to the board of directors for a final decision.

The chamber will host a Meet the Candidates forum 7:30-9 a.m. Wednesday, Feb. 19, Alamo Drafthouse Cinema. Registration is open.

Tempe's General Election will be March 10, and if needed, a run-off election will be held May 19.

Information: tempe.gov/government/city-clerk-s-office/election-information.



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"If Tempe truly wants to help cats, it should reject misguided efforts to trap, neuter, and re-abandon (TNR) them ("Pilot program focuses on best methods for aiding neighborhoods with feral cats," 11-22-19).

Editor:

Homeless cats are not superfelines who can withstand extreme temperatures and other dangers, including contagious diseases, parasites, speeding cars, and attacks by other animals or cruel people.

Last summer, in one Tempe neighborhood alone, nine cats were found dead in the span of a few weeks, including one whose body had been dismembered.

The average lifespan of a homeless cat is less than 3 years, compared to 12-15 years for an indoor cat.

In addition to being inhumane,

TNR actually increases homeless cat populations by making it seem acceptable to abandon cats, and by attracting more cats with the food set out for colonies.

Parry Sound, Ontario, tried TNR, but found that "the number of feral cats appears to be increasing—as does the noise, smell and general nuisance."

Ulster, New York, abandoned its TNR program because "[i]t didn't capture a sufficient number of cats to make the residents...happy."

After Albuquerque, New Mexico, implemented a TNR program, it was sued by property owners whose living conditions were described as "a giant litterbox."

Tempe should promote humane solutions to the cat homelessness crisis, including legally requiring that all cats be sterilized, licensed, microchipped, and kept indoors, instead of sentencing domestic animals to a short, painful life on the streets.

Teresa Chagrin

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A young volunteer at the Christmas party for foster families helps serve food to some of the dozens of guests at the event.

Parents who open homes help brighten holidays for foster kids

Story & photos By Noah Kutz

For some children and families, the most wonderful time of the year can prove to be one of the most difficult. Fortunately, there are kind-hearted donors who work to ensure that each person in the community experiences a joyous holiday season.

Volunteers from St. Andrew's church recently assembled for a night of giving in order to serve foster parents and their children in a Christmas extravaganza.

The celebration included a spaghetti dinner, Christmas-themed arts and crafts, seemingly endless amounts of cookies and a guest appearance from Santa and Mrs. Claus.

Friendly faces smiled across the room while children's laughter filled the air, creating an ambience of peace and joy which is often too hard to find for many of these foster kids.

Malissa Geer, a representative from Catholic Charities Community Services who helped oversee the event said:

"These families are opening up their homes to additional kids, and a lot of times for kids that are coming from trauma or very complex relational systems. So the gift that the volunteers and the church give is coming around and supporting them so that they don't feel isolated in these relationships."

For several years, this charitable event has come to the West Chandler area to support foster families and give each child the same holiday traditions and opportunities that other children in the community experience around Christmas time.

Approximately 443,000 children remain in the foster care system in the U.S. today, and many of them stay in the system for nearly two years.

Information: aask-az.org



Santa and Mrs. Claus, on break from the toy shop, stopped by the Christmas party to spread some cheer.

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\$64k grant provides new digs for pet rescue foundation

By Lindsay Hansen

Tempe-based Lost Our Home Pet Rescue has received a grant totaling \$64,000 from the Nina Mason Pulliam Charitable Trust.

The no-kill shelter has been raising money to purchase the building they currently occupy and do a major renovation to the 8,400-square-foot building that houses approximately 80 cats and dogs.

"Mrs. Pulliam had a deep connection to animals and understood the powerful role they play in people's lives," said Lisa Shover Kackley, trustee for the trust.

"In addition to adoption services to the public, Lost Our Home Pet Foundation's unique programs provide women and children escaping abuse and homelessness peace of mind so they may focus on their own healing knowing their four-legged family members are being well taken care of."

Lost Our Home Pet Rescue was founded in 2008 as a grassroots response to the housing crisis that left thousands of people displaced and thousands of pets abandoned.

Lost Our Home Founder and Executive Director Jodi Polanski worked as a local mortgage banker during that time and said she witnessed the results firsthand.

Service quickly expanded to also include a 90-day Temporary Care Program, Pet Food Bank,

and in 2015 it expanded to include a partnership with Sojourner Center, one of the largest domestic violence shelters in the country.

Today, the no-kill shelter is expanding again to serve more pets in need.

The renovated shelter has a medical room to treat sick pets, improved safety and sanitation features throughout, increased capacity to help more pets, and enhanced overall quality and comfort for the dogs, cats and people who enter the shelter.

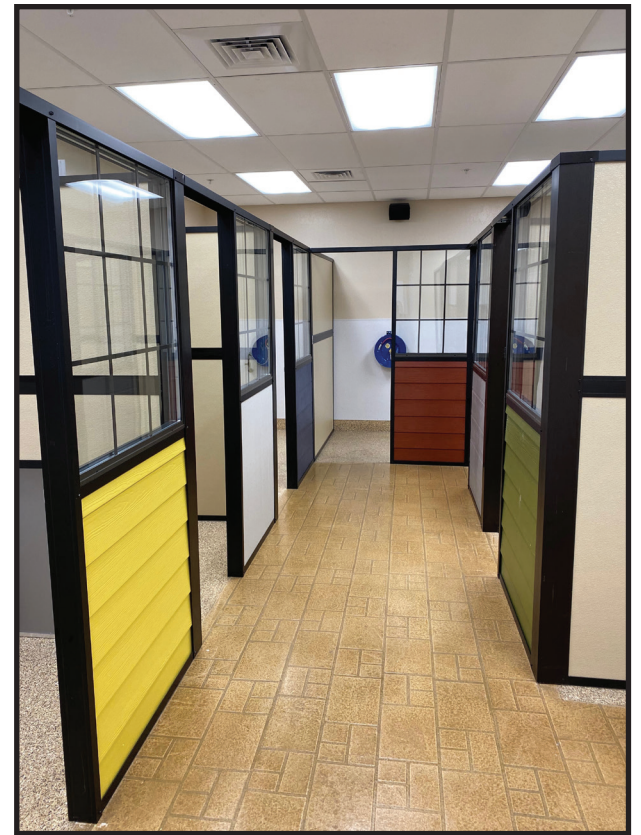
"The Nina Mason Pulliam Charitable Trust has been a longtime supporter of Lost Our Home, assisting with our growth to continually help more pets and pet parents in need.

Their generosity is greatly needed and appreciated," said Polanski.

"This building purchase and renovation is the largest project we have ever done to expand and improve the services we provide to the community and because of the generosity of the Pulliam trust, we are getting near our finish line of the \$2.4 million needed to complete the project."

Individuals can support the capital campaign by purchasing bricks for the Pathway of Hope. Bricks are available in 3 sizes for either \$250, \$500 or \$1000.

Donations of \$100 or more are being matched by a generous donor.



Newly updated interior at Lost Our Home Pet Rescue.

— Photo courtesy Lost Our Home

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Dec. 20 10 thru 8

Dec. 21 10 thru 7

Dec. 22 11 thru 4

Dec. 23 10 thru 7

Dec. 24 10 thru 3

Teens celebrate Giving Tuesday with 17th annual 'Smiles of Christmas'

More than 200 Tempe Union High School District students gave the gift of friendship to local elementary school students during the 17th annual Smiles of Christmas event.

Marcos de Niza High School hosted 230 Frank Elementary School students who were paired up with a high school student for a day of fun.

The pairs spent the morning making crafts, decorating cookies, playing carnival games, taking photos with Santa, listening to live performances and eating lunch together.

"The purpose is to give back to our community," said Marcos de Niza's Krista Carr, who teaches Early Childhood Development and leads the

Early Learning Center.

Tempe Union has been welcoming local elementary school students to Smiles of Christmas for the past 18 years. This is the second year in a row Marcos de Niza has hosted the event on their campus.

High school students from all seven Tempe Union High School District schools were in attendance, pulling students from various programs including Early Childhood, Student Council and athletics teams.

Students from all TUHSD schools look forward to this special event every holiday season.

"This ends up being the favorite day for our high schoolers of their whole high school experience," Carr said.

Sponsors included the Tempe Police Department, Home Depot, the U.S. Army and Medieval Times, all who offered interactive activities and projects for the pairs to participate in throughout the day.

This year, TUHSD's event also fell on Giving Tuesday, the international kick-off of a charitable season of giving back throughout the winter holidays.

Pollack Chabad hosts Dec. 22 Chanukah celebration for kids

Times change. Not so long ago, celebrating Chanukah meant some latkes, a few spins of the dreidel, some songs and, of course, the menorah, a jelly doughnut or two and, if lucky, some gelt.

Now, children of Tempe and West Chandler get to visit the annual Chanukah Wonderland and experience the holiday with their families in a fun and meaningful way.

Chanukah Wonderland, a project of Chabad of the East Valley, will open its doors to the community from 11 a.m. to 2 p.m. Sunday, Dec. 22, the first day of Chanukah.

At Pollack Chabad Center for Jewish Life, 875 N. McClintock Drive, children and adults can experience Chanukah through a number of activities.

Here's the schedule:

11 a.m.: Touch-a-truck & hot chocolate bar; **Noon:** Grand gelt

drop from the top of a fire truck ladder; **12:30 p.m.:** Stuff your own Dreidel; and **1 p.m.:** Science Center

Chanukah, a celebration for all time, is highlighted at Pollack Chabad Center by the kindling of the Menorah each night of the holiday.

Said Rabbi Mendy Deitsch:

"It is a holiday that enriches our lives with the light of tradition. In ancient times our ancestors rededicated the Temple in Jerusalem with the Menorah. Today, we rededicate ourselves to making this world a better and brighter place."

Chanukah also propagates the universal message that ultimately good will prevail over evil, freedom over oppression and light over darkness.

Information: 480-855-4333 or www.Chabadcenter.com.

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SLOPE WARRIORS



A Santa sighting at Snowbowl took slope fanatics by surprise on a recent frigid afternoon when a winter storm dumped several extra inches of the fluffy stuff on Humphrey's Peak. Some ASU students like this one reveled in the unexpected treat, having just put a wrap on final exams. (A few admirers, wondering about Santa's newly acquired slender profile, suggested that he might want to take a few more cookies when he slides down the chimney this year.)



*Photos by Lorenzo Rios and
Jerome Iannone for Wrangler News*

It's Christmas. Have one on us, Santa . . .

Downtown Chandler's thirst- and fun-quenching Sippin' Santas Pub Crawl drew hundreds of holiday merry-makers, most of them decked out to help fulfill the celebratory intent of Mr. and Mrs. Claus, who surely weren't far away. Among the 20 locations welcoming revelers were:

Crust, FLIX Brewhouse, Craft 64, SanTan Brewery, Spirit House, The Hidden House, Murphy's Law Irish Pub, West Alley BBQ & Smokehouse, The Brickyard Downtown, Bourbon Jacks Bar & Grill, The Local Chandler, PURO: Premium Cigars, The Perch Pub & Brewery, Civic Market, QuartHaus, Ghatt 'Yo' Tacos, Las Palmas Cantina, Serrano's Mexican Restaurant and El Zocalo.

From Santa selfies to live entertainment to just plain-old people watching, the event offered a very merry venue for pre-holiday enjoyment...with thanks, of course, to Downtown Chandler Community Partnership's Mary Murphy-Bessler and Natasha Stewart, who created the revelry as a special gift to fun-seekers everywhere.

*Photos by Billy Hardiman
for Wrangler News*





SPORTS

With Alex Zener

Girls soccer scores a 4-game winning streak

Corona's girls soccer team started the season with a big win at home over Basha, 1-0, on Dec. 3, and quickly used that momentum to win three more home matches for a four-game winning streak before losing to Chandler 10 days later.

Currently at 4-1, the Aztecs were scheduled to be tested with two away games during the week before the winter break. First at Liberty on Dec. 17 and then at Chaparral on Dec. 20.

"We are a young team that got off to a great start," said head coach **Matthew Smith**. "The win over

Basha will serve us well in the rankings but this will be a tough week at Liberty and Chaparral. We should know more soon about how our young team will do when faced with the challenge of playing away against competitive teams."

Corona is led by three senior captains, **Sheyla Castro**, **Ally Sharp** and **Suzy Scheuerer** and one sophomore, **Allyson Watchel**.

"Both Sheyla and Ally are captains and really good leaders in their own ways," said Smith.

"Sheyla is coming back from a torn ACL last year and I don't know if I have ever coached a kid with more

determination," said Smith. "Ally has been a four-year member of the varsity team and is a steady influence in our midfield."

"Suzy is our holding midfielder," said Smith. "She does a ton of the dirty work that helps us be successful."

"Allyson is the first non-senior captain in my 20 years at Corona," said Smith. "She is incredible at organizing and leading our defense playing center back next to Abby Benedict."

Currently, the Aztecs, as a team, have scored 12 goals and 13 assists which, for statistical reasons, are converted into points.

A player is awarded two points for every goal scored and one point for every assist giving them their total points.

Sharp is tied with junior **Amaya Antonio** to lead the team in goals with three each but Sharp has one assist, and therefore, leads the team in points with seven points.

"Amaya has an incredible shot and will continue to score goals for us," said Smith. "She has a growing confidence in her abilities and it is showing up in the stats columns."

The Aztecs have three additional seniors who play a major role in shoring up the defense.

"Mia Aplicano, Stephanie

Lundine and Catelyn Bradley all provide solid depth in the midfield."

Corona has four additional juniors on the field, beside Antonio, who provide added offense or defensive stability and leadership for the 10 sophomores and freshman on the team this season.

Abby Benedict is a steadfast force on defense for the Aztecs according to Smith.

"Abby played outside back her first two years but is now playing center back," said Smith. "Her progress, confidence and ability are a game changer for us because she is so reliable."

"She is one of my favorite examples of how a player grows after their freshman year. Abby was quiet last year and people wondered how good she was. She's showing them all now."

"**Ashley Hill** is our best outside back and a big part of our attack," said Smith. "**Emily Sammon** has been providing some good energy off the bench as forward and then we have **Jasper (Jazzy) Schineller** who was a kicker on Corona's football team in the fall and is now playing striker and defense for us."

"It's pretty cool what Jazzy is doing. It's not the two-sport athlete combination you normally see."

Tempe Union 2020-2021 Enrollment Open House for 8th Grade Families



Visit Tempe Union High Schools

Open house for parents and students will be held at each Tempe Union High School at 6 PM on the following dates:

Families are welcome to attend any or all of the open houses. To assist you in making important decisions regarding your student's high school education; campus faculty, counselors, club sponsors, coaches, and administrators will be on hand to answer questions about the school, its academic and extra-curricular programs, and the registration process.

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- McClintock – 1/16/20
- Marcos de Niza – 1/22/20
- Mountain Pointe – 1/23/20
- Desert Vista – 1/27/20
- Tempe High – 1/28/20

Corona has four sophomores and two freshman who play key roles on offense including sophomores **Cassidi O'Connor** and **Kira Caspers** who are leading the team in assists with four goals each or a total of four points each.

"Cassidi is a dynamic forward who has really taken a big step forward from last year," said Smith. "Kira, who played center back most of last year, is now playing the attacking midfielder position. She is incredibly talented and essential to our attack."

Two other sophomores have scored goals for Corona. **Paige Server** scored a goal in the Aztecs 5-0 win against Cortez on Dec. 7 and Watchel scored the winning goal in the 1-0 win against Basha on Dec. 3 and then the only Aztec goal in Corona's 1-6 loss against Chandler on Dec. 13.

"Paige is another player who has taken a big step forward after her freshman year and is in the mix to start," said Smith.

Corona often starts two freshman who have both scored a goal each so far this season.

Aja Lister scored a goal in the win against Cortez and **Samantha Camino** scored a game winning goal in Corona's 3-1 win over Kofa on Dec. 12 and had an assist in the Aztecs 2-0 win over Westwood on Dec. 10 to earn

three points.

"Aja is our starting outside back. She is great at attacking from the back," said Smith. "Samantha is starting the majority of the time in a new position for her. She is normally a midfielder but we now have her on the front line."

Corona has a sophomore, **Rosie Oyzerovich**, playing goalkeeper this season. She has played all but 28 minutes in the Aztecs first five matches recording 20 saves or an average of four saves a match.

"Rosie is exceptional," said Smith. "She has made great progress since last year but more importantly, the girls all believe in her."

Backup goalkeeper, sophomore **Trinity Perine**, tended the goal the other 28 minutes registering one save.

Additional members of Corona's girls soccer team who contribute on and off the field to the team's overall success include senior striker **McKenna Mairs**, junior defenders **Anissa Rios** and **Audrey Weidner**, sophomore defender **Ashley Lutes** and freshman striker **Sarah Klingenberg**.

Up next Corona is scheduled to play at Independence High School on Dec. 27 and then not again until Jan. 14 in a home game against Maryvale that you can watch live starting at 6:00 p.m. by

subscribing to the NFHS Network.

The Aztecs have an away game at Xavier College Prep on Jan. 17 and then another home game on Jan. 21 against North that will also be broadcast on the NFHS.

Altogether, Corona has five soccer matches this season that you can watch live on NFHS. The links to these matches can be found at [maxpreps.com/high-schools/corona-del-sol-aztecs-\(tempe,az\)/girls-soccer-winter/schedule.htm](http://maxpreps.com/high-schools/corona-del-sol-aztecs-(tempe,az)/girls-soccer-winter/schedule.htm).

Tempe All City Association Fall Banquet

Several student athletes from Tempe high schools received awards on Dec. 2 at the Tempe All City Association Fall Banquet held at the Doubletree Hotel in Tempe.

This banquet marked the beginning of the 39th year that the All City Association has recognized athletes from Tempe Union District high schools.

Four senior players from Corona's girls volleyball team, who made it into the semifinals of the 6A State Championship Volleyball Tournament before losing to the eventual state

champion, Basha High School, were presented with awards.

Ashley Hayden, who played in 107 sets during the season and amassed 502 assists or 4.7 assists a set, received the setter award.

Becca Morse received the libero award after leading her team in digs. She dug the ball 871 times for an average of 7.0 digs a set with only one recorded error while playing in 124 out of the total 129 sets Corona played. Morse also lead her team in service aces with 69 aces earning 290 service points.

Corona's two outside hitters, **Nicole Newlin** and **Madelyn Noble**, both took home awards for their outstanding performance in all 129 sets.

Noble, who played on the varsity team all four years, contributed to her team's success in several different categories her senior year including 405 kills hitting .239, 54 service aces earning 284 points as well as 28 solo blocks and 55 assisted blocks for a total of 83 blocks.

Noble was also the second leading digger on the team after Morse, the libero, with 404 digs.

— SPORTS, Page 30



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Commentary: Decade in hospital PR never prepared me for what patient-care is really all about

By Don Kirkland

A couple of years after helping Publisher Chuck Wahlheim build what ultimately would grow from its sleepy, family owned origins into what would become the vibrant, community-focused Mesa Tribune, I was approached by the CEO at Desert Sam to take over as the hospital's chief communications officer.

While I didn't realize it at the time, my new job's No. 1 responsibility would be to act as a buffer between the CEO and the media, whose increasingly frequent demands for interviews by various reporters he considered time-consuming and low priority.

While I had plenty of media experience, I knew little about hospitals. Though I did my best to immerse myself in the complexities of medical care, I never had an opportunity for an overnight-or-longer stay. Lucky me, most would say.

My "education," therefore, came from the doctors, nurses, administrators—sometimes even patients—who were much more directly involved and thus able to help me develop a fundamental understanding of this particular niche of health care.

Some of my best lessons came from Jackie Evans, a onetime Vietnam helicopter nurse who served as Desert Sam's associate administrator. Jackie was tough as nails and an immutable advocate for and defender of the hospital's nursing staff—willing, we assumed, to do hand-to-hand combat, if needed, to protect her nurses, and by extension their patients, from any sort of intrusion she felt might compromise care.

So it was from Jackie and the nurses under her tutelage that I learned to admire, respect, and generally be in awe of, the nursing

profession. Which leads me to my recent stay at what is now Banner Desert.

While my time at Desert Sam proved enlightening, rewarding and memorable, I have in recent years also developed a high regard for the staff at Dignity Chandler Regional Medical Center. Their willingness to provide us with knowledgeable physicians and nurses on myriad subjects of interest to our readership has helped us produce a newspaper that we consider more timely—more relevant—than it would be otherwise.

Dignity also uses our pages to advertise the many programs and services it provides in our coverage area, and of course we appreciate that support as a way to help keep Wrangler News coming to your driveway every other week throughout the year.

Recently, when Dr. Robert Campbell discovered a suspicious mass during my otherwise routine colonoscopy, he suggested that I agree to what he felt was a needed surgery.

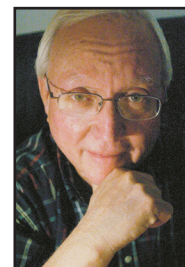
Naturally, because of our longtime relationship with Dignity, my hospital preference would have been Chandler Regional. However, because of scheduling, Banner Desert emerged as the best option. I went in on a Thursday afternoon, was home early Saturday.

Not only did the procedure—my first ever—turn out to be successful but an eye-opening look at how patient care has evolved since I was the hospital PR guy.

To say that I felt like a guest in an elite hotel, doted on and pampered as if I were at the Ritz-Carlton, would be something of an understatement.

So that glimpse, as initially unanticipated as it was, reinforced my belief that today's nurses and doctors fill an even more extraordinary role than I recall from my early days, doing it caringly, knowledgeably and professionally, no matter which hospital it is that they have chosen for their life's work.

To all of those who provided my care, thanks for letting me have that experience.




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Big Brothers, Sisters provide welcome one-on-one mentoring

By Robyn Martinez

Every Tuesday during the school year, Scales Technology Academy is filled with volunteers from Big Brothers Big Sisters.

Each week, select second-through fifth-graders have lunch with their big brothers and big sisters.

While eating lunch, the partners play board games, color, or just talk about life.

Big Brothers Big Sisters is a non-profit organization whose mission is to create and support one-to-one mentoring relationships and help promote a positive future for youth.

One volunteer, Rachel Garcia, is a big sister to Scales third-grader Zaria Wheeler. Garcia is no stranger to the program.

She has been a part of it for most of her life, starting as a little sister when she was in elementary school.

Garcia shared that it was because of the influence of her big sister that she was able to apply for scholarships and go to college. Without that encouragement and support, she may not be where she is today.



A Big Brothers Big Sisters volunteer has lunch with a young student from Scales Technology Academy.

— Photo by Robyn Martinez for Wrangler News

“This is such a fulfilling program, to be able to give kids some of your time and help mold and encourage them in a positive life direction,” Garcia said.

Last month, Wheeler even had the opportunity to get together with Garcia for the first time outside of school. She spent an afternoon attending Garcia’s

daughter’s birthday party.

When asked how she likes meeting with Garcia, Wheeler smiles shyly and says it’s fun.

The program has been going on at Scales since early 2018, and the impact has been nothing but positive.

Scales Academic Behavior Interventionist Jennifer Highum said that these positive relationships have a great impact on students’ lives, from academics, behavior, confidence and their overall well-being.

“Our kids really look forward to spending time with their big brothers and big sisters each week, Highum said.

“It’s so good for them to have another caring adult that is invested in their lives.”

Scales parent and Tempe Elementary employee Katherine Haynie echoed that sentiment.

“My daughter Ava has been a part of the Big Brothers Big Sisters program since last year. She looks forward to Tuesdays every week.

She and her big sister eat lunch, do crafts together, and talk about life,” said Haynie.

“I appreciate the positive influence she is having on my daughter, as well as the time she has committed.

“I don’t think a person can ever experience too much love, and I’m grateful my little one has one more loving grown-up showing up for her on a regular basis.”

Information: bbbsaz.org.



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Diversions

'Spies' counters perception that remakes can't rekindle originality

By M.V. Moorhead

"Why can't Hollywood make something original?"

This is one of the more common complaints about the movies; you hear it most often when a remake, or "reboot," of a classic film or a familiar TV show is announced.

The short answer is, of course, why should Hollywood start now?

But another answer is that every once in a while, for better or worse, Hollywood does make something original. And the new animated comedy *Spies in Disguise* is an example.

At least I think it is. I've never heard of another spy adventure in which the super-cool hero gets transformed into a pigeon.

Suave, wisecracking super-spy Lance Sterling (voiced by Will Smith, essentially reprising his *Men in Black* role) is the bigshot star operative of a secret intelligence agency

headquartered under the reflecting pool in D.C. He's a pure, unflappable, unstoppable winner, who insists he only flies solo, until he runs afoul of a glowering super-villain (Ben Mendelsohn) with a robot hand, who tricks him out of a high-tech weapon and uses a projection of Lance's own face over his to frame him for the theft of the item.

Soon Lance is on the run, with an Internal Affairs team led by a relentless agent (Rashida Jones) in pursuit.

He ends up with only one ally: I boyish young gadget inventor named Walter Dockett (Tom Holland).

Walter is a bit like "Q" in the Bond films, except that he's just a kid, and he's committed to developing gadgets that are non-lethal, like grenades that explode into clouds of glitter which form into images of sweet little kittens, thus distracting the bad guys with the undeniable force of cuteness.

It need hardly be said, Walters



gizmos are met with skepticism and disdain by the macho Lance. Nonetheless, he and Walter, who has been fired the same day that Lance got in trouble, end up as action-movie buddies and travel the world in search of the bad guy, after Lance is inadvertently changed, by one of Walter's inventions...into a pigeon.

That's right, for much of the film Lance is unhappily trapped in the form of a stereoscopically-eyed bluish pigeon. Walter tries to sell Lance on the excellence of a pigeon as a secret agent's cover—they're everywhere, after all, in cities all over the world, and nobody pays any attention to them—but Lance, of course, is having none of



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it. Wild, extended action scenes ensue.

Spies in Disguise is based on a 2009 short film by Lucas Martell with the much better title Pigeon: Impossible.

It's even sillier than '60s-era spy spoofs like The Last of the Secret Agents and Matchless. But it works; there were belly laughs from both children and grown-ups all around me in the theatre throughout the screening I saw. And I may have contributed a couple of them.

It's also a visually snappy film, with brilliant, intricately worked out slapstick gags and chases and characters—like the pigeons—that are funny just to look at.

The voice cast works well, with Karen Gillan and DJ Khaled adding amusing bits as the Internal Affairs agent's entourage, and there's an unusually strong, funky soundtrack.

About all that limits Spies in Disguise are the same obligatory elements that limit the vast majority of animated kid movies: the misunderstood, orphaned misfit who must overcome adversity; the tough guy who must learn to be part of a team.

Despite the movie's welcome and imaginative eccentricity, this standard template can still be detected at its foundation.

So, come to think of it: Why can't Hollywood make something original?

Spies in Disguise is rated PG and plays at Harkins Tempe Marketplace 16, Harkins Chandler Fashion 20, Harkins Arizona Mills 25 and other multiplexes Valleywide.

By Lee Shappell

As the chips fell for singer Donnelly, they made a melody

Chris Donnelly picks up a guitar and tunes it with the precision of an engineer.

As with a microchip, a guitar cannot do much by itself. Information stored on a chip is a sort of a binary-code alphabet, and its transistors control which letters are being used and tell the chip how to work – sort of the way a guitarist controls the instrument's strings to produce chords and make music.

Donnelly knows all about microchips and guitars.

He spent a professional lifetime in microchips and semiconductors, including nearly 16 years at the director level with Cadence Design Systems and six as an engineering director at Intel in Chandler.

Two years ago, at 54, he walked away.

"Most of the areas I worked in were high pressure, 60-hour work weeks, and you've got to deliver," Donnelly said. "It's tough to find a laid-back side of that business, where I want to work less than 40 hours a week. I talked to my wife, Molly. We did the math and said financially I could retire.

"But, as she said to me, 'Mentally, what the hell are you going to do?'"

Donnelly, who grew up in a family of musicians and singers, decided to go back to his roots, which had become a casualty of corporate America. He's now playing gigs across west Chandler and Ahwatukee.

The singer-acoustic guitarist also has played in west Chandler at Jersey D's and the Dirty Blonde Tavern, near the Intel plant.

"My old Intel buddies come to my shows no matter where they are," Donnelly said. "They're a fun group. They're like, 'Hey boss, how you doing?'"

Donnelly also has played at restaurants, bars, clubs, coffee shops and private parties as he builds his brand.

He has a repertoire of about 200 songs and prepares a set list of about 40 country and rock'n'roll songs from the 1960s through today for each gig, among them tunes by Tom Petty, the Eagles, The Beatles, Zac Brown and Johnny Cash. He likes to allow time at the end for requests.

Donnelly also covers James Taylor, John Denver,

— SHAPPELL, Page 24

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Chris Donnelly walked away from a career in microchips and semiconductors to return to his love of music. The singer-guitarist is playing gigs in West Chandler and Ahwatukee.

Shappell

From Page 23

Crosby, Stills, Nash and Young, Elton John, Darius Rucker, Queen, Sheryl Crow, Garth Brooks, the Doobie Brothers, Match Box 20 and many more popular artists.

He especially enjoys folk music that is good-listening, tells a story and resonates socially, from musicians like Loudon Wainwright III, Bob Dylan, Woody Guthrie and the Grateful Dead.

Donnelly also does original compositions but he is not yet ready to trot them out at his performances.

"It's been fun and the audience is engaged. That's what it comes down to," Donnelly said. "Folks just love music they know, and the best part of any evening is when I hear people singing along."

He's hopeful of cracking the wine-bar circuit in Chandler and Ahwatukee next.

All tips collected at his performances go to the Crohn's and Colitis Foundation, which impacts Donnelly and also took the life of Glenn Frey of the Eagles. Donnelly's audiences, who evidently forgive him for his eight years as chief umpire of Ahwatukee Little League, donated more than \$1,000 in the first year.

Donnelly's dad was on Broadway in "Life with Father." His mom was an opera singer and also choir director at their church.

"There were five of us kids, a big Irish-Catholic family, and almost as soon as we could talk we all sang in the church choir," said Donnelly, who today sings in the Corpus Christi Catholic Church choir in Ahwatukee.

He's still knocking on doors trying to get gigs and gain recognition, but after one year at his post-tech avocation, he has not felt the need to hit control-alt-delete.

Information: chrisdonnellysings.com.



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All smiles

Chandler City Councilmember Nora Ellen, left, joins Mary Contreras, owner of Contreras State Farm Agency; Dr. Cory Wilson of AFC Physical Medicine of Tempe; and Sylvia Vallin-Alvarado, representing Hartford Elementary School, as they sort through the more than 200 toys donated at Contreras' insurance firm in Warner Century Plaza. The drive helped brighten the holidays for students at the Title I school. According to Contreras, one of the project's three sponsors, donors were asked to contribute new, unwrapped toys such as balls, Legos, Hot Wheels, action figures, nail polish, lotions, costume jewelry, art supplies, gift cards and stuffed animals, among other gifts. Also sponsoring were Bryant Commercial Real Estate and Opa Life Greek Cafe.

— Wrangler News photo by Noah Kutz

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Flu

From Page 3

and stomach issues.

After speaking with Dr. Glen McCracken, the medical director of Dignity Health's Freestanding Emergency Department, it's clear that the flu is no joke.

McCracken explained that during the winter months people's immune systems are weaker due to cold weather, and that can allow for the flu to find its way to a host.

Asked who the most prone populations are to the flu, McCracken's answer was simple: the young and the elderly.

"Those with weakened immune systems are undeniably most at risk," he said.

He noted that with age, chronic conditions can also contribute to being "immune-compromised." Certain medications and practices such as chemotherapy inadvertently weaken immune systems, making the flu especially dangerous and caution especially important.

When asked how he recommends stopping it, McCracken preached

prevention.

"There's a lot of things to do, and prevention is the most effective strategy out there," he said. Always washing hands and getting an appropriate amount of sleep are among ways to keep the immune system healthy.

Another effective strategy McCracken emphasized was yearly vaccination.

"I get the shot every year, and I think it's important for everyone to do so, too."

To err is human however, and sometimes prevention isn't enough. When the flu strikes, McCracken offered a few different treatment suggestions. Anti-viral medications like Tamiflu, if taken within the first 48 hours of infection, can be effective.

"There's plenty to do at home, too—get rest, treat the fever, make sure you're drinking plenty of fluids, and give yourself a chance to rest," he added.

Periodically, complications arise, and in such a case a visit to urgent care or the hospital might be advisable.

McCracken listed breathing difficulty, chest pains, confusion and altered mental states as clear indicators of needing to see a medical professional.



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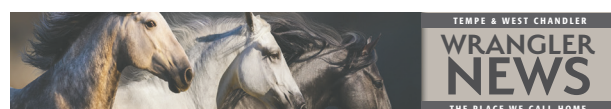
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Sports

From Page 19

Newlin led her team in kills with 424 or 3.3 kills a set hitting .214. She also had 145 digs, 42 total blocks and 13 aces.

Senior **Eileen Li** was recognized for her singles play on the badminton court. Li finished the regular season with a 10-1 record before making it all the way to the semifinals where she finished in second place at the **DI Singles Badminton tournament**.

Corona senior **Hannah McGraw** was awarded the girls golfer award while sophomore **Samantha Arredondo** was recognized in the girls 100 freestyle swimming event.

Arredondo was the top individual finisher on Corona's girls swim team at the state meet taking sixth place in the 100-yard freestyle and ninth place in the 50-yard freestyle race. She also won the 100-yard freestyle at the Tempe All City swim meet earlier in the season.

Corona senior **Tres Walker** was recognized with an award for his prowess on the diving board. He won the one-meter diving event at the Tempe All City meet and finished in sixth place with 405.20 points in the boys D1 state diving event.

Corona had three football players recognized at the banquet: **Quade Swearingen**, **Jake Schmitt** and **Jean Boyd III**.

Swearingen, a junior, was recognized for his performance at the punter/quarterback position where he completed 158 passes or 54 percent of his pass attempts scoring 14 touchdowns. He also punted the ball 23 times for a total of 823 yards or an average of 35.8 yards a punt.

Schmitt, a junior as well, was awarded for his defensive play at the linebacker position. He led the Aztecs in tackles with 51 solo- and 43 assisted-tackles for a total of 94 tackles or an average of 8.5 tackles a game plus 2.5 quarterback sacks while playing in all 11 games this past season.

Boyd III was recognized for the defensive back position where he was recorded as having 32 solo and 17 assisted tackles for a total of 49 tackles his senior season. He also led the Aztecs in passes defended.

McClintock's **Sophie Velitchkov** was recognized her senior season on the girls swim team for the 100-yard backstroke and 50-yard freestyle.

Velitchkov touched the wall in third place in the 100-yard backstroke and in sixth place in the 50-yard freestyle at the 2019 DII State Championship meet on Nov. 8.

The Chargers had four football players get awards at the banquet: junior **Khashmier Saxton** and seniors **David Cisneros**, **Bryce Tate** and **Estevan Fraijo**.

Saxton played on the offensive line while Cisneros, Tate and Fraijo were all recognized for their defense.

Cisneros, playing on the defensive line, led the Chargers in tackles with 107 total tackles—68 solo and 39 assisted—and quarterback sacks with seven.

Tate was recognized in the defensive back position where he led his team in interceptions with a total of seven. He led the team in passes defended with 21 plus he blocked one punt and one field goal.

Fraijo snagged three interceptions plus was credited with 44 solo tackles and 24 assisted tackles for a total of 68 tackles while playing defense. On offense he rushed the ball for 42 yards and caught 54 passes for a total of 736 yards or an average of 13.6 yards per reception while scoring six touchdowns.

Marcos de Niza had two football players recognized with awards on offensive and two players on defense.

Nickolas Samaniego, a junior, was given an award for his offensive line position while senior **Yakeen Baylis** was recognized at the running back position.

Baylis, the team's leading rusher and scorer, played in all 12 games this season where he carried the ball 229 times for a total of 1736 yards, or an average of 144.7 yards a game, while scoring 23 touchdowns.

On defense, **Jacob Irick**, a junior linebacker, and senior defensive back **Malaki Corella** were recognized for their defensive skills.

Irick, playing in all 12 games, had one interception, 1.5 sacks and 69 tackles while Corella had 53 solo tackles and 44 assisted tackles for a total of 97 tackles to lead the Padres in tackles.

Tempe High School had one football player recognized on offense, senior **Keshawn Thompson**, and two on defense, seniors **Sione Tonga'uhiha** and **Joseph Near**.

Near led the Buffaloes in tackles with an amazing 73 solo tackles and 43 assisted tackles for a total of 116 tackles or 11.6 tackles a game. He was second in quarterback sacks on the team with six.

Tonga'uhiha was second in total tackles with 47 plus he had one interception and one fumble recovery.

Padres coach Lauer moves

The Marcos de Niza Padres have hung up their cleats for the last time this season and the stadium has fallen silent. When the 2020 season rolls around next fall, Head Coach Eric Lauer will have begun his new job at Mountain Pointe.

Lauer, who served as head football coach at Marcos for the past two seasons, was recently recommended for the head coach position at the Ahwatukee school where he previously served as an assistant coach. The Tempe Union High School District governing board is scheduled to meet Jan. 15 to officially approve the recommendation that originated at Mountain Pointe. In his full-time position with the district, Lauer serves as one of three high school health and wellness coaches. The TUHSD position is tasked with developing

programming that focuses on the prevention of underage drinking, marijuana use, and prescription drug misuse and abuse. The health and wellness coaches work with students, staff and parents to create and execute awareness campaigns and special events that will help students make healthy choices when it comes to drugs and alcohol.

"We are excited to welcome Mr. Lauer back to Mountain Pointe as our new head coach," said Principal Tomika Banks. "We are looking forward to the future."

Lauer said he is looking forward to his new role. "My initial reaction to this announcement is excitement," Lauer said. "I wasn't unhappy where I was and I've developed authentic relationships that I hope stay intact in light of my departure. I have a great opportunity to go back somewhere that I have spent a lot of time..."

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Following a hands-on workshop with high school students, tech professionals and other successful women gathered to discuss the future of the STEM industry for their younger mentees.

— Wrangler News photo by Noah Kutz

MCC

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in advisory roles, to show the opportunities in the STEM world with a goal of sparking an interest in the hearts of these high schoolers.

The young women who attended the event for the first part of the day listened to keynote speakers from the STEM industry, then participated in a hands-on workshop with other women from similar career fields.

Sherry Willman, a 21-year Microsoft veteran and a current part-time professor of practice at ASU, urged the students to pursue jobs in these companies, even if they don't pertain specifically to STEM. "Look at technology as a career, but there are also other careers within tech organizations that are a good way to go," she says.

She went on to give an example of the CFO of Microsoft, an extremely successful woman in a tech company who made her career in finance.

Although statistics vary across the country, numerous researchers in recent years have found that approximately 24 percent of jobs in science, technological, engineering and math fields are filled by women.

Nora Reyes, the newly elected senior associate vice president for

MCC, says that the pursuit for women to join the STEM community must begin at the earliest levels.

"If we want more women in STEM fields, we can't just start in the high school levels," she says. "We have to go even further than that. We have to address middle schoolers, elementary schoolers, even preschoolers."

Reyes' background comes from education, and her primary goals are to make sure teachers are able to properly inspire their students from a very young age.

Many teachers, according to Reyes, sometimes have difficulties or phobias with math and science that cause them to inadvertently give their students the same fear of these subjects. She says, "We need to make sure that we're empowering those teachers, making sure they don't have biases against some of these disciplines and careers that they may be passing on to their students, possibly without intentionally doing so."

MITI ended the day by encouraging these tech professionals to look to hire young women that have the power to adapt to the growing world of technology in the future, and to inspire children with these STEM fields, starting at the earliest ages.

For more information on MITI or MCC visit <https://www.maricopa.edu>

Family

From Page 3

regained their rightful place in our culinary history, Walston suggests.

"People who are budget conscious, health conscious—and, of course, who appreciate how homestyle preparation really can complement a special meal—these seem to be the notions shared by our customers," she says.

And because no preservatives are added to their offerings, the Walstons can rightly claim such delicacies as their popular Berry Christmas Swirl or apricot and cinnamon babka are both long-lasting (no refrigeration, please) and healthful.

Nor has assembly-line automation invaded the bakery's production schedule. "We experience a phenomenon that's similar to why people like craft beers," Walston notes. "You can't rush craft beer; you can't rush craft bread."

With Christmas now only days away, the Walstons promise there's still time to order Great Harvest's lovingly nurtured goodies for holiday giving or eating.

"Because we know, after eleven and a half years, that rediscovering the joy of home baked treasures can be a memory-evoking experience, and people's eyes sometimes well up. When that happens, it becomes a truly vulnerable moment."

A message from Wrangler News

We hope you continue to enjoy our community-based, community-focused newspaper and that you feel it reinforces the sense of neighborhood that is part of what makes this such a great place to live.

Because we are 100% locally owned, published — and cared about — we want to be confident that Wrangler News can be a

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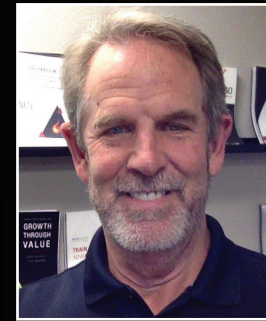


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